IT'S BOWL SEASON – **ACAI BOWLS!**

jiu-jitsu™ magazine

BULLETPROOF
YOUR SHOULDERS

12 THINGS TO PACK
FOR A TOURNAMENT!

GIVE IT A REST
IS YOUR ADRENAL SYSTEM FATIGUED?

THE ULTIMATE GUIDE TO KNEE INJURIES

JOÃO GABRIEL ROCHA

THE NEXT BIG THING

WANNA WRESTLE?
Submission Wrestling Moves With Garry Tonon

September 2016 Issue 48

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DR. JOHN **GELBER M.D.**

Doctor and founder of FightMedicine.net, MMA and Grappling's #1 resource for injury, health, and fitness advice. Follow Dr Gelber on twitter @ **FightMedicine.**

WILL **SAFFORD**

Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

MARSHAL D. **CARPER**

Is a brown belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is whitebeltproblems.com, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

PATRICK **FLORES**

Is currently a jiu-jitsu purple belt under Gracie Barra's Rafael "Moskito" Oliveira. He has a bachelors degree in history and is currently working on an MBA. His jiu-jitsu photography can be seen on Instagram under the name **patjflores**

JEREMY **REID M.S.ED, CSCS, CISSN**

Jeremy is a nutritionist and strength coach who works with MMA and jiu-jitsu champions. He obtained his master's degree in exercise physiology from Baylor University. He is a brown belt under Robert Drysdale.

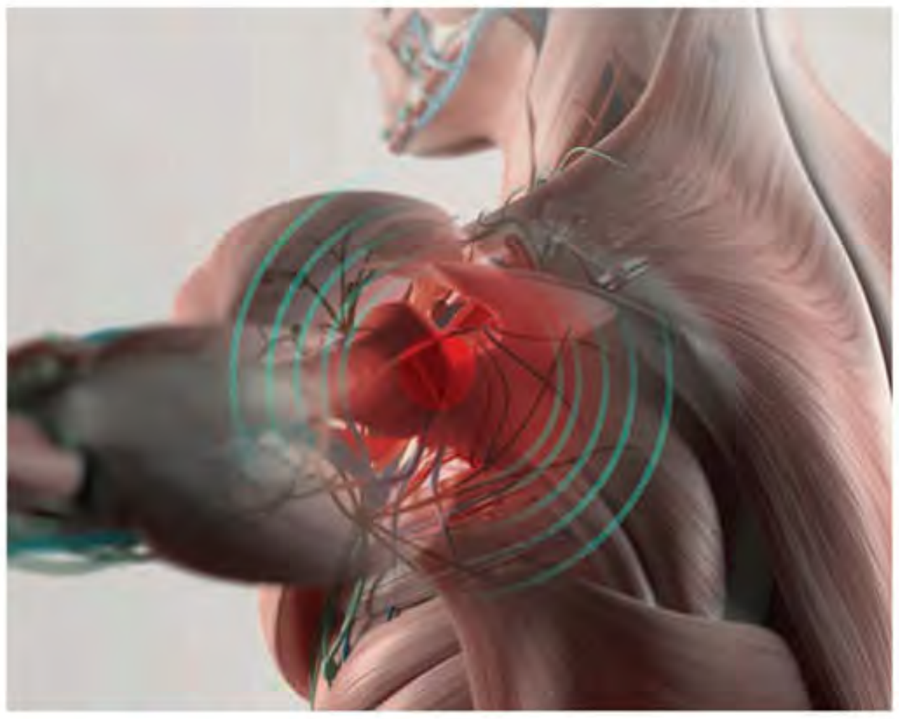
Look for us online:
@jiujitsumag

ON THE COVER

João Gabriel Rocha shows off that big smile! Photo: Jason Boulanger

020 **GRUB**
Can't get enough Acai!

042 **SKILLS**
Garry Tonon wants to wrestle you into submission



100 **GAINS**
Bulletproof Your Shoulders

EDITORIAL

WHAT IS IT?

What is it that brings us together for this common bond we call jiu-jitsu? With the election bringing out divisions among friends and tension among races that the media seems to want to promote, I've found there's one place where all that noise seems to disappear. You know where I'm talking about – on the mats. In my years of jiu-jitsu I've come across every type of person on the mats. And by type I mean age, sex, race, religion, profession, and political beliefs, people from every walk of life. And not once have I ever heard anyone argue about anything other than a technique, or maybe a harder than usual crossface. I have a few friends and teammates of my own that on Facebook we seem to disagree quite a bit politically, but at class or during training the last thing on my mind is what politician said what. Maybe right now we really need that mythical "third party" that everyone talks about. I propose it's the Jiu-Jitsu Party.

Imagine the platform;

- Use whichever bathroom you want as long as you wear sandals
- 10th Planet legal in all 50 states even for recreational grappling
- Any color gi is welcome as long as it doesn't posses any illegal foreign odors
- White Belts Matter and All Belts Matter
- Free Healthcare for all – Ice Packs, Tiger Balm, and Advil
- Reduced dependence on the Berimbolo
- Free passage and pardons out of Acai Jail
- Reduced leg lock control

Together I think we can all make a difference, together we can all make grappling great again. Seriously though, I love the fact that jiu-jitsu is a place where we can be ourselves and experience this common bond with people that we might otherwise never interact with on such a unique level, while at the same time improving our bodies, minds, and souls. If you want to make a difference in the world I'm going to propose a personal challenge to you. For the next 60 days make it a goal of yours to convince someone else to go to class with you. I'm sure you won't have a problem finding someone who can use a little jiu-jitsu in their life. Whether it be for any of the benefits I listed earlier, or maybe some that you've discovered on your own. If they give it a try and discover that jiu-jitsu is for them then propose the same challenge to them. It's like a pyramid scheme for the greater good! So don't just sit there, go out and Vote Jiu-Jitsu! Spread the word.

Keep Rolling,

Mike Velez
Publisher/Editor
MikeV@jiujitsumag.com

jiu-jitsu magazine

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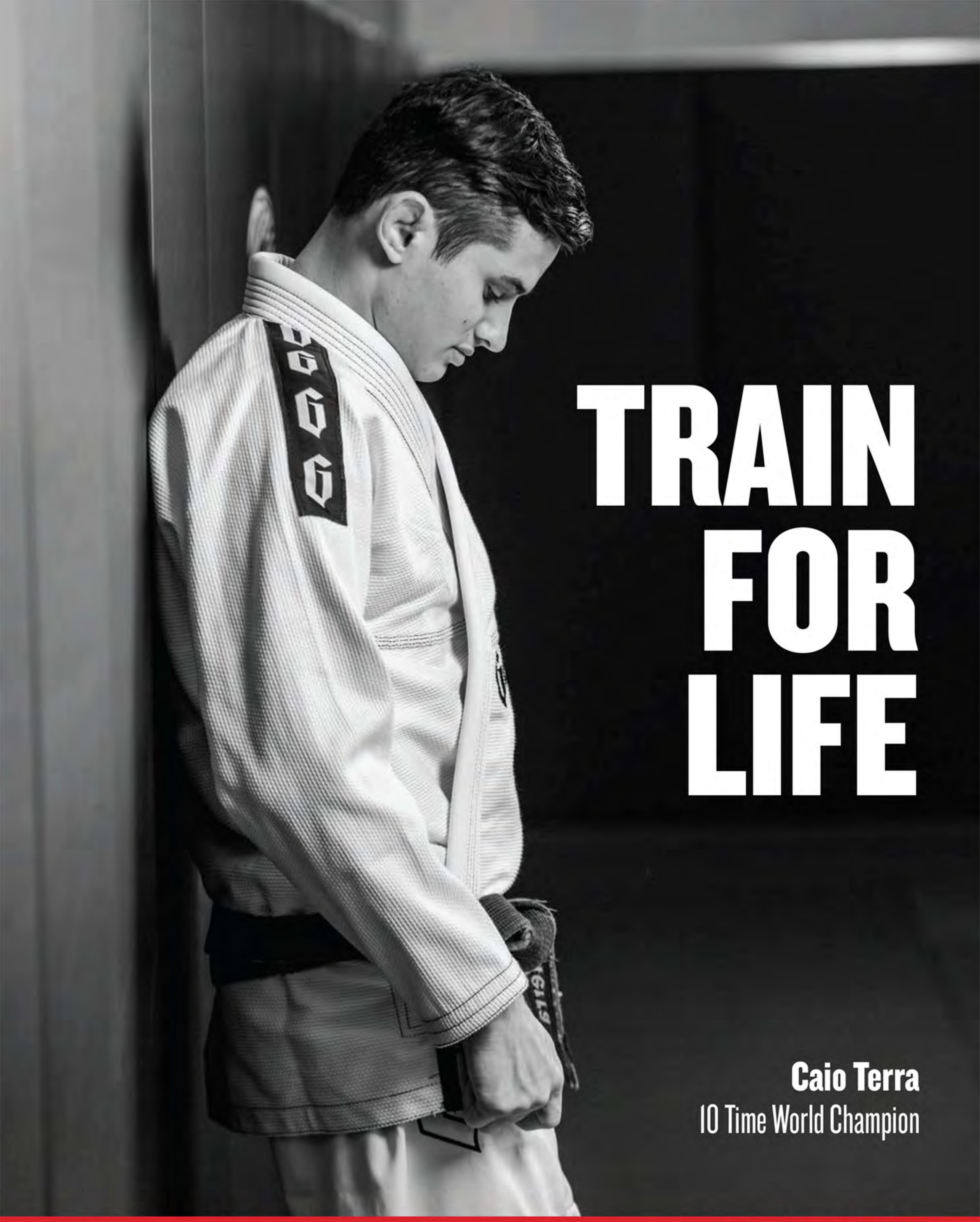

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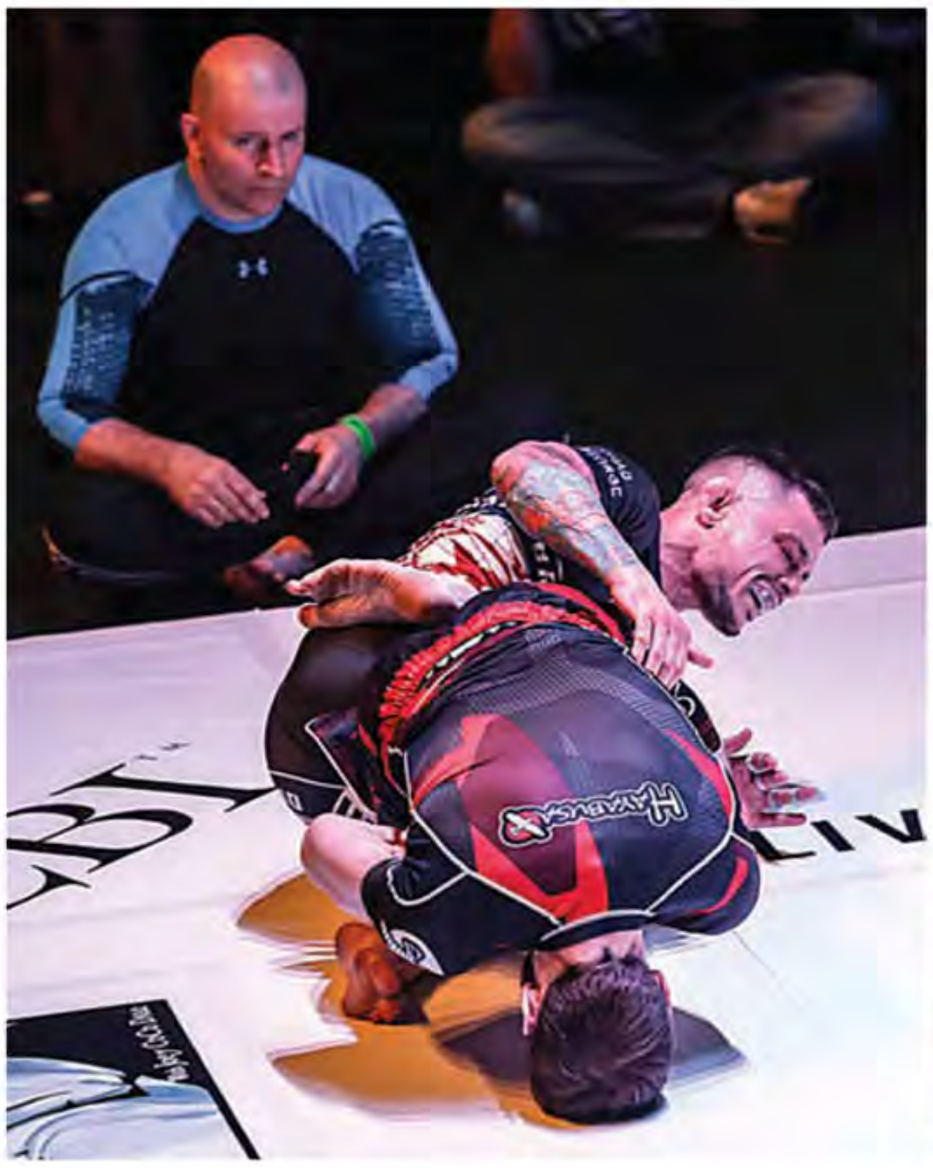
WEIGHING IN

THE DANAHER DEATH SQUAD EARNS BACK-TO-BACK WINS



ONCE AGAIN, EDDIE CUMMINGS PROVED TO BE UNSTOPPABLE AT EBI. THIS TIME AT EBI 7, CUMMINGS RETURNED TO GLORIOUSLY DEFEND HIS FEATHERWEIGHT BELT. It was déjà vu for many spectators as Cummings submitted all opposition. Adding icing to the cake, teammate Garry Tonon was victorious against Ralek Gracie at Metamoris the very next day. Tonon earned the victory and in a great show of respect on both sides, showed Ralek the move he used to submit him following the match.

NEWBREED ULTIMATE CHALLENGE BELT

Are you having neck problems from too many medals wrapped around your neck? No problem, wrap one of these Advanced Champion Belts around your waist instead. These are awarded to competitors 18 and up who place first in an advanced no-gi division or first in purple, brown, and black belt gi divisions. These belts will make you feel like the champion you are. Check out the NEWBREED website for more information and event schedule.
newbreeduc.com

Mackenzie Dern Wins in MMA Debut

For the past year we knew Mackenzie had her eyes on mixed martial arts. Although still very much an active jiu-jitsu competitor, Dern has added other disciplines to her arsenal. She made her MMA debut at Legacy 58 against Kinia Rosas. As expected, Dern attempted to take the fight to the ground. Rosas, however, proved to be a resilient grappler with unbreakable limbs. Although Dern remained dominant on the ground, she was unable to submit Rosas even after shooting off countless submission attempts. Nevertheless, it was an exciting MMA debut for the Queen of Jiu-jitsu. Her next fight will take place on October 14th in Dallas, TX for Legacy Fighting.

Who Doesn't Love North/South?

When you're in the finals of the Worlds, the last thing you want to worry about is having uncomfortable, smelly underwear. Fortunately, North-South Jiu-Jitsu has developed underwear specifically for grapplers. It uses moisture wicking technology, has grip along the inside cuffs to keep from riding up, and has the odor fighting properties of bamboo to provide you with the best underwear possible for grappling. Check out our full review in next month's issue.

northsouthjiujitsu.com

JITSMOJI

The emoji has become a part of the way human beings communicate. They allow people to express emotion in text in order to convey the proper message. How does one truly express the feeling of OSS? Thankfully thanks to Jitsmoji, you can convey to your fellow training partners in a language you can all understand. For $1.99, you can send a proper shaka or even a classic Kurt Osiander expression.

jitsmoji.com

TRAVIS STEVENS WINS SILVER AT RIO OLYMPICS

With jiu-jitsu absent from the Rio Olympics, much attention has been diverted to Judo. Travis Stevens in particular is a jiu-jitsu black belt competing at the Summer Games. Travis is a Renzo Gracie Black Belt in jiu-jitsu, and in his semifinal match,the top ranked Judoka used a bow and arrow choke to advance to the finals.

Side Note: *In Judo, the goal is to score Ippon (10 points). This can be done by throwing your opponent flat on their back, holding them down for 20 seconds, or submission (arm lock or strangle).*

Travis represented the USA proudly and earned a silver medal in his weight class. At press time, we're still waiting for more results from Rio.

WEIGHING IN

ROBERT DRYSDALE WINS LEGACY FC BELT

On the same card as Mackenzie's MMA debut was Drysdale's headline title fight against Ryan Spann. Spann seemed to be winning the standup fight but Drysdale was able to secure a rear naked choke in the 2nd round to earn him the Legacy FC Lightweight Championship.

Musumecis Head West

Siblings Tammi and Mikey Musumeci announced they would be leaving the Atos Association for Caio Terra Association stating that CTA is the right team for them at this time. The Musumecis recently moved to Henderson, NV, where they will stay and train for the time being while working on their professional degrees. Tammi plans to study law and Mikey business. We're wishing the two the best of luck in their future endeavors on and off the mat.

facebook.com/musumecibjj

FUJI SAUNA SUIT

HAVING TROUBLE GETTING TO FIGHT WEIGHT? GIVE THE FUJI SAUNA SUIT A TRY. It's designed to give you a nice sweat, helping you lose those extra few pounds or even ounces when it's all on the line. Don't let all your hard training go to waste because you thought eating salads for a week would help you drop 20lbs. We're kidding, don't try to drop 20lbs, eat right and stay in fighting shape, but if you have to drop a few final pounds this might be for you!

fujisports.com

ATHLETE: EDDIE CUMMINGS
EVENT: POLARIS 3
PICTURE: JEFF CHU / FIGHTERPLUS

SCRAMBLE USA
WWW.SCRAMBLESTUFF.US

WEIGHING IN

JIU-JITSU SAVED YOUR LIFE

BRIAN ORAVETZ WAS JUST BEING AN AWESOME GUY LETTING HIS FRIEND DRIVE HIS PORSCHE 911. UNFORTUNATELY, THE CAR GOT AWAY FROM HIS FRIEND AND ENDED UP IN A PRETTY BAD ACCIDENT. From looking at the wreckage, it seems like a miracle that Brian got away with only a broken back. The neurosurgeon said they were both lucky to be alive. When asked what he did for fitness, Brian responded with, "Jiu-Jitsu." The doctor responded in turn saying, "Jiu-jitsu saved your life." As you can tell from the pictures, not much of the car remained. Only Brian's Fuji gi was salvageable and looks well enough to roll in! We're wishing Brian a speedy recovery!

CAMPAIGNS METAMORIS
SHOULD PAY THEIR ATHLETES...
DIVERTS REVENUE DIRECTLY FROM THOSE SAME ATHLETES AND HIMSELF BY STREAMING THE M7 PPV FOR FREE ON FACEBOOK LIVE.
#DONTBEAPIRATE

AJ STREAMS METAMORIS 7

GRACIE BARRA'S AJ AGAZARM IS ONE OF THE MOST OUTSPOKEN FIGURES IN JIU-JITSU. HE HAS BEEN ONE OF THE LEADING VOICES AGAINST THE METAMORIS ORGANIZATION PRIMARILY FOR THEIR FAILURE TO PAY ATHLETES (INCLUDING AJ). On the day of Metamoris 7, AJ's Facebook account was allegedly live streaming the event to thousands of his followers. It is unclear if Metamoris will take any legal action but Metamoris/Ralek responded on their officia Instagram account.

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WEIGHING IN

NEW CELEBS IN BJJ

MARGOT ROBBIE – In preparation for her role in Suicide Squad, actress Margot Robbie trained jiu-jitsu three times a week!

DEMI LAVATO – American singer Demi Lavato has been seen recently training some jiu-jitsu with Gracie Barra's Orlando Sanchez.

LAVELL CRAWFORD – Best known for his role in the hit show Breaking Bad, Lavell has been training out of Legacy Jiu-Jitsu and reportedly lost 120lbs from training!

SCOTT EASTWOOD – Son of legendary actor/director Clint Eastwood, Scott has said he does a lot of jiu-jitsu, citing it promotes a healthy ego and a sense of confidence.

ADRIAN PETERSON – NFL running back Adrian Peterson adapted drills from Brazilian Jiu-Jitsu in an effort to help reduce his number of fumbles.

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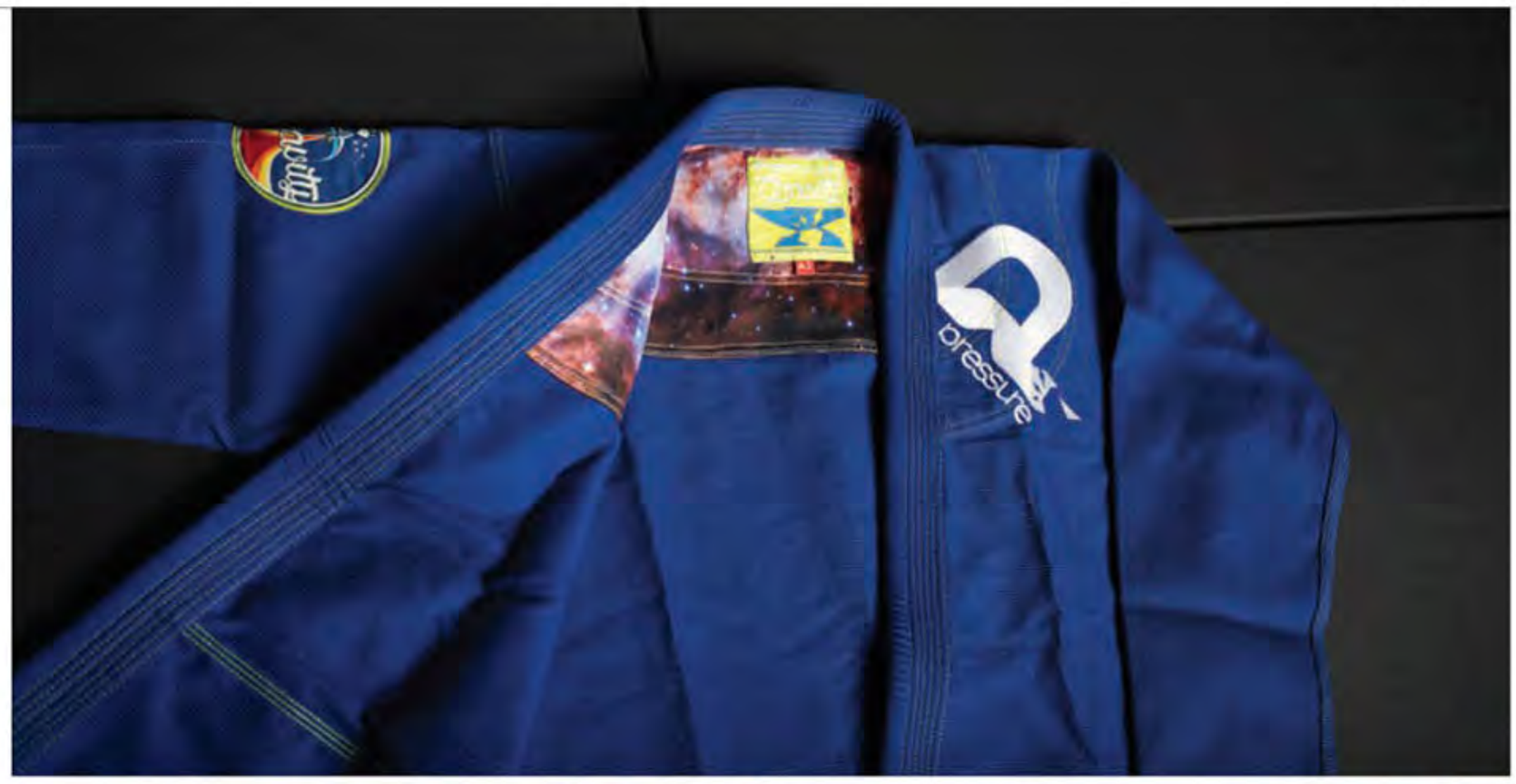
pressuregrappling.com



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WEIGHING IN

New Zealand Jiu-jitsu Athlete gets Kidnapped in Brazil

With many concerns about holding the Olympic games in Brazil, one story recently came to light. Jason Lee,a jiu-jitsu competitor who had been living in Rio for several months, was allegedly pulled over by police, asked to get into a private car, and forced to withdraw the equivalent of $600 from the ATM. When Lee reported the events to tourist police, Lee was eventually visited at his home by the same alleged police officers that kidnapped him. He refused them entry and called the civil police. Lee has been living with Laura McQuillan, a New Zealand journalist that documented the experience on social media along with Lee.

PROTECT YOUR JOINTS

We've heard about this stuff for a while and finally got our hands on some. GLC Direct specializes in joint supplements. The owner of the company, Shawn Madere, holds three US and seven International patents for improving joint health. Many of these patents are what goes into his two joint supplement blends GLC2000 and Actistatin Pro Athlete. Here's what's worth noting for each of these:

GLC2000

Most glucosamine and chondroitin blends are formulated into a tablet. GLC2000 uses a capsule to deliver the good stuff. These capsules provide you with the best way to absorb all four forms of glucosamine into your bloodstream. These capsules are easy to swallow and will help end the hurt and suffering of joint pains.

ACTISTATIN PRO ATHLETE

Formulated for maximum absorption, this new joint supplement from Actistatin is designed to significantly increase glucosamine and chondroitin absorption and hyaluronan production. Long story short, this supplement will help reduce your recovery time from joint and muscle pain.

All grapplers should be taking some form of glucosamine and chondroitin and these are two formulas definitely worth checking out.

glcdirect.com

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PROMOTIONS

JIU-JITSU BLUES

Name: Enrique Iturriaga
School: Brazilian Top Team
Location: Jacksonville, FL

Congratulations to Enrique for receiving his blue belt from Professor Marcello Bergo! Blue belt is a big step in a large journey. Keep it up!

BLUE IN THE ATL

Name: Jonathan Cheng
School: Buckhead Jiu-Jitsu
Location: Atlanta, Georgia

Buckhead Jiu-Jitsu's latest blue belt is no other than Jonathan Cheng! He was recently promoted by owner/head instructor Sam Joseph. Congrats!

PURPLE ES MUY MACHO!

Name: Alex Perez Martinez
School: Rino Academy
Location: Nuevo Leon, Mexico

For many, like Alex Martinez, jiu-jitsu has helped them overcome many hardships in life and has become a part of life. He was recently promoted to purple belt. Way to go Alex!

FANTASTIC FIVE

Name: Stephanie Tavera, Sami Bruce, Anya Decouteau (not pictured), Marcela Coimbra, and Lara Farnsworth
School: Alliance
Location: Greenville, SC

Following a seminar with Gianni Grippo, Stephanie, Sami, Anya, Marcela, and Lara were all promoted to the rank of blue belt by their instructor Rafael Rosendo Dos Santos. Way to go everyone!

FUTURE STAR

Name: Owen Reed
School: Turlock Academy
Location: Turlock, CA

Big congratulations to young Owen Reed who recently received his grey/white belt while training under Alex Perez.

Owen [front center]. Alex Perez, Steven Pineda Arias, Sara Fearon [left to right].

DOUBLE TROUBLE

Name: Myles Gomez and Michael Dean
School: Chris Howe BJJ
Location: Zionsville, IN

Great job Myles and Michael, who were promoted to purple and blue belt respectively by their instructor Chris Howe!

BRUCE THE BLACK BELT

Name: Bruce Elliott
School: Street Sports Brazilian Jiu-Jitsu
Location: Santa Monica, CA

Congrats to Bruce Elliot who was recently promoted to black belt. He trains under 5th degree Renato Magno of Street Sports BJJ. He was presented his belt by Gabriel Vella de Freitas, Rigan Machado, Clark Gregg, and other black belts were also in attendance.

4 PLUS PURPLE MINUS 40

Name: Joseph Ortega
School: Katharo Training Center
Location: Littleton, CO

After four years of training, Joseph received his purple belt on May 31st, 2016! He's lost 40lbs since adopting the lifestyle and continues to be obsessed.

Fun fact: His favorite move is the triangle (from everywhere)

PUTTING THE AHHH IN ACAI

Investigating the Super Facts About This Superfood.

WORDS: **MACKENZIE ARRINGTON** | PHOTOS: **JUSTIN CUMMINGS**

MUCH LIKE GRACIE JIU-JITSU, ACAI (AH-SIGH-EE) BERRIES ARE YET ANOTHER GROUNDBREAKING WONDER THAT HAS COME OUT OF SOUTH AMERICA AND HAS REWRITTEN HOW MANY OF US BETTER OUR LIVES. AN AMAZING LITTLE BERRY THAT HAS BEEN HARVESTED FOR CENTURIES IN THE AMAZONIAN RAINFOREST BY GUYS THAT SHIMMY THEIR WAY UP A 70 FOOT TREE JUST TO PICK THE BERRIES, SLIDE DOWN, AND EAT THEM. You know they have to be good if people are free climbing 70 foot trees just for a taste. Luckily in 2016, we are able to find acai at local supermarkets as a frozen puree, down the street from a street vendor, or even at Jamba Juice. Now that we no longer have to fly to South America and climb a tree for arguably one of the best and best tasting superfoods, we need to understand how to thoroughly enjoy this fruit of the earth.

Acai is best described flavorwise as a cross between a grape and a blueberry but with subtle flavors of other berries. These little gems are very perishable though, so commercially, we will only be able to enjoy them as a juice or more frequently and luckily as an acai bowl, which is essentially a uber thick smoothie that is more so the consistency of ice cream. Topped with a ton of tasty additions, the acai bowl truly allows us to have "ice cream" for breakfast, and it's actually healthy and good for us too.

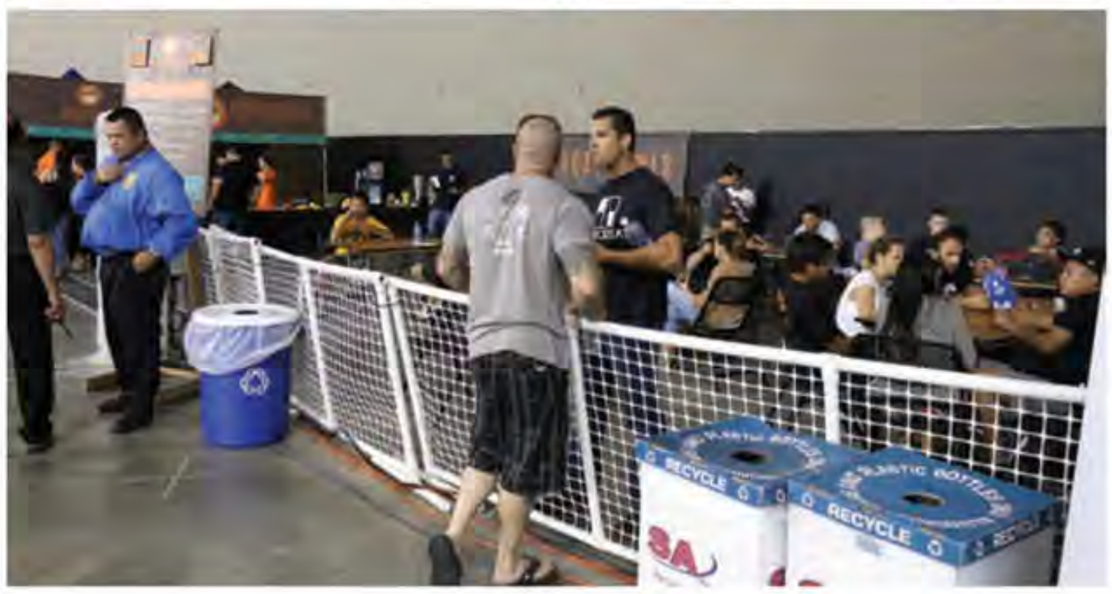
»DECLASSIFIED BENEFITS

Acai bowls are the coolest (literally) health food on the market. Not only are they delectable, they are also insanely good for us. Acai is one of the most super...superfoods ever. The wonder berry is packed with antioxidants, vitamins, and minerals that all help improve our metabolism, inflammation, weight management, arthritis, fend off diseases, and have anti-aging qualities. The vitamins found in acai (B-complex and vitamin-K) help our bodies metabolize carbohydrates, proteins, and fats. The berry itself is strange in the sense that it is naturally low in sugar but high in caloric values and fats. For every 100 grams of berries, you will be getting around 70-150 calories and 5g of healthy fats. This is for the unsweetened puree, so factor in what you are adding into and on top of the bowl to balance out the meal and do not go overboard.

»FINDING A DEALER

Acai can be found in the States in a few forms but none of which will be the raw berry. The raw berry is very perishable, so when harvested, it is usually flash frozen then juiced or blended. Commercially, you will only ever find acai juice, powder, or the key to an acai bowl, frozen puree. This puree can be found online primarily through Amazon or in local health food stores such as Whole Foods and specialty grocery stores. The key to a good frozen puree is to get the unsweetened puree, if you can, for the most pure acai flavor, but make sure it has no additives or preservatives.

If you are not looking to get your hands dirty at all, there are acai food trucks, brick and mortar stores, and even pop up caterers showing up all over the country. These shops usually are centralized in Southern California and you will see them parked outside of major competitions but lately with the buzz of the superfood and healthy lifestyle movement, you are seeing pop up acai bowl companies all the way in Buffalo, New York and beyond. These shops are the ideal dealers to go through beyond Jamba Juice which does offer a bowl, but the downfall of those bowls is that it is sweeter and tend to be less healthy because of all of the added toppings and ingredients. It's always better to support your local small business owners anyway.



» GETTING THAT SPECIAL BLEND

The hardest part about creating your own acai bowl is mastering the blend of frozen puree and liquid to achieve the perfect "soft serve ice cream" like texture. There is truly a balance to be found, but once you achieve the blend, you will live happily ever after. Or you can just keep giving your local acai shop your lunch money and never have to worry about it. For the adventurous type though, we have come to the rescue with our best blend method and mix in options.

Key Formula for the Perfect Blend

- 1 pack frozen Acai Puree
- ½ cup Milk of choice[regular, almond, coconut, or soy]
- Frozen "Creamy fruit" such as 1 Banana, 1 ½ cup Mango or 1 Avocado
- 1 cup frozen Mixed Berries
- 1 cup leafy green such as Spinach, Kale or Chard

Optional

- 1 tbsp Hemp Seeds or Chia Seeds
- 1 tsp Ground Flax

Method

Run acai under warm water for five seconds to break up any clumps

Add all ingredients to a high-speed blender and blend until smooth. If the blender is struggling to blend, turn it off, scrape the sides down with a spatula, and try again. Rinse and repeat this step until blended smooth.
Chill for 10 minutes.

»COMMON PARTNERS IN CRIME

Acai bowls are delicious, healthy, and tasty on their own, but what really makes them so great is the endless option of flavors we can create by what we top our bowl with. Imagine your favorite sundae bar as a kid [or as an adult, that's cool too, we all have cheat days] and all of the different toppings you could put on your ice cream. Well, this is the same principle but instead of gummy bears and crushed up oreos, we use slightly healthier options. But the trick is to not to go overboard here. Acai bowls are only as healthy as you make them so if you add two cups of chocolate granola, a cup of peanut butter, and drizzle with a bottle of honey, your acai bowl will no longer be healthy. Here are the most common toppings along with suggested portion sizes to keep our bowls and waist lines in check.

»HAVING GOOD TOP AND BOTTOM GAME

When building your acai bowl, add a tiny bit of the topping to the bottom of the bowl before adding in your acai smoothie. That way `when you get to the bottom of the bowl, it is like starting all over again with flavor rather than just spooning up acai void of toppings.

Ezra Sitt - North Shore, Hawaii
Pipeline Specialist x SBJJ Brown Belt

BADBOY

THE ENDLESS SUMMER™

LIMITED EDITION GI

» TASTY BY ASSOCIATION

In the food world, each and every ingredient you use should be individually wonderful on its own. Acai is wonderful on its own. But what makes it so amazing is the seemingly endless varieties we can create by switching the toppings or by adding in a little cocoa powder into the smoothie itself. We have created a list of excellent mix and match toppings by category and a template to use to never go astray when making your masterpiece.

Grappler Gourmet's Acai Topping Template

- ½ - ¾ cup Granola of choice. Check the label. If it is high in sugar, use a smaller portion
- 1 ½ - 2 cups sliced, fresh Fruit
- 1 tsp Nuts or Seeds
- 1 tsp flavor topping
- 1 tbsp total combo of Sweetener and Fats

Finest Fruits

All berries, kiwi, banana, mango, papaya, apricots, oranges, pineapple, and starfruit.

Nuts & Seeds

Chia seeds, hemp seeds, pepitas, crush cashews, pecans, walnuts, shaved almonds, pomegranate seeds, and ground flax seed

Flavor Add-ons

Cacao nibs, mint, dried goji berries, dried dates, chocolate chips, cinnamon, coconut shavings (raw or toasted), lemon zest, cacao powder, vanilla, or even a dash of cayenne pepper works amazingly

Sweeteners & Fats

All nut butters, raw honey, agave, or coconut nectar

BADBOY

THE ENDLESS SUMMER™

LIMITED EDITION GI

» KNOW YOUR MMM-MOTIVES

When you are choosing what to top your bowl with, it is within good reason to think about what the purpose of your meal will be. Is the bowl for breakfast where you need to stock up on your nutrients to shoot a power double on the day ahead of you? Is it a chilly and refreshing post training recovery bowl? Or a late night "dessert" bowl you are looking for? Well, here are our three favorite bowls just for those occasions.

Breakfast Blend

Packing a punch of everything you need to start the day off with a good base.

INGREDIENTS

- Acai Smoothie
- 1 pack Acai puree
- 1 frozen Banana
- 1 cup frozen Blueberries
- 1 cup Spinach
- ½ cup Almond milk
- 1 tsp Cacao Powder

TOPPINGS:

- ½ cup Granola
- 1 tsp Chia seeds
- 1 tsp Hemp seeds
- 1 tsp Cacao Nibs
- 1 tsp Quinoa
- 2 tsp Coconut flakes
- ½ cup Blueberries

Cool Down Bowl

A post training bowl designed to cool you down and refuel your body all at the same time.

INGREDIENTS

- Acai Smoothie
- 1 pack Acai puree
- 1 frozen Mango
- 1 cup Frozen Mixed Berries
- 1 cup Spinach
- ½ cup Milk of choice

TOPPINGS:

- ½ cup Granola
- 1/2 sliced Banana
- ⅓ cup Raspberries
- 1 tsp Goji berries
- 1 tsp Chia seeds
- 1 tsp Coconut shavings
- 1 tsp Honey
- dash of Cinnamon

Best of Both Worlds Bowl

A healthy dessert that will make your taste buds think you are cheating on your diet.

INGREDIENTS

- Acai Smoothie
- 1 pack Acai puree
- 1 frozen Banana
- 1 cup frozen Mixed Berries
- ½ cup Coconut Milk
- Optional: 1 cup of spinach

TOPPINGS:

- 1 sliced Banana
- 2 tbsp chopped Walnuts
- 1 tbsp shaved Coconut (toasted or untoasted)
- 1 tbsp Cacao Nibs or Chocolate Chips
- 1 tsp Chia Seeds
- 1-2 tbsp creamy Almond or Peanut Butter

» FINAL VERDICTS

Overall, acai is packed with benefits, refreshing, and absolutely delicious. Acai bowls are a great medium in which to enjoy this gift from Mother Earth and honestly what better way to eat healthy than by eating "ice cream" loaded with fantastic toppings? With that being said though, heed the words of warning to not go over the top with...well, toppings. This is an instant way to make an unhealthy meal out of healthy ingredients. It is quite the paradox, but it can and does happen more often than you would like to believe. Enjoy the berry's subtle sweetness with a few extras but let acai be the star of the show. Give it a shot and share your creations with us on Instagram **@JiuJitsumag** and **#Grapplergourmet**. By doing so you will be halfway of living our motto to "Eat well, train hard. Oss."

Special thanks to Justin Cummings at Rio Acai Bowls. If you're ever in Central California, you have to check them out at their locations in Fresno and Bakersfield. **www.rioacaibowls.com**

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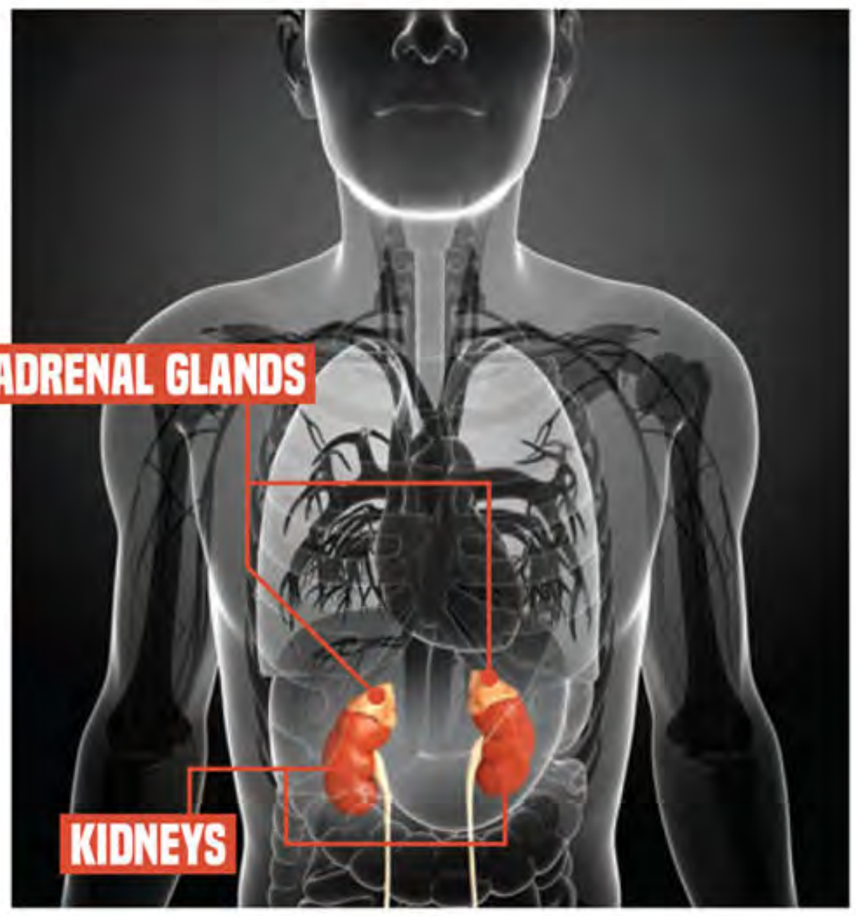
GETTING THE MOST FROM YOUR ADRENAL SYSTEM



WORDS: **JEREMY REID**

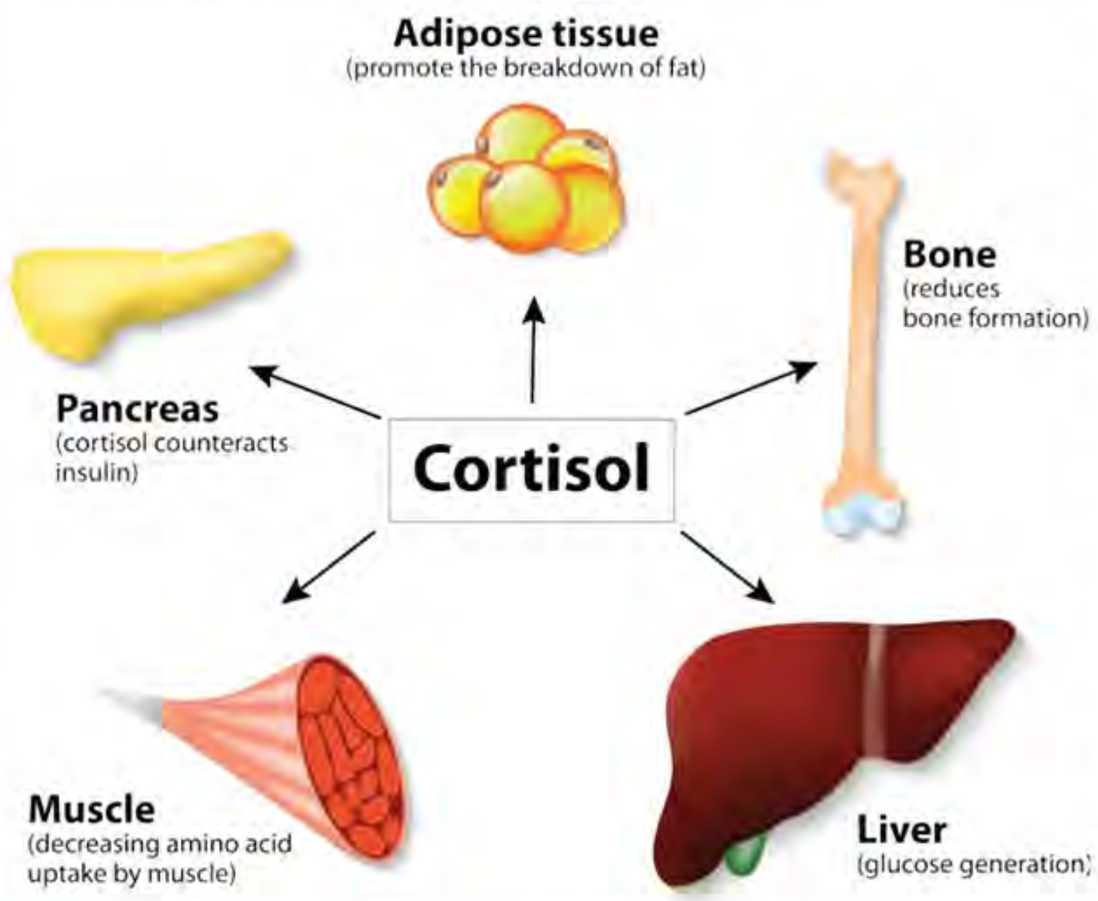
The adrenal system largely goes unnoticed or thought of; however, it plays a large part in your grappling performance. Most people have heard of the adrenal system, but few really know what exactly it is or does. The adrenal glands sit on top of the kidneys and are responsible for secreting certain hormones inside the body. They are often referred to as the "stress glands" due to their involvement in producing and regulating stress hormones inside the body. The two main hormones are cortisol and adrenaline. These two hormones ensure the proper amount of each are present at the right times, which is absolutely critical for maintaining performance and preventing overtraining. The adrenal glands are actually made up of two different parts, the adrenal cortex and the adrenal medulla. The adrenal cortex is the outer part of the gland and is responsible for producing corticosteroid hormones, including cortisol, that are vital for survival by regulating functions such as metabolism, blood pressure, cardiovascular function, immune response, and inflammation. This helps keep your training on track long term, avoiding overtraining and preventing that "run down" feeling. This allows you to train hard week after week. The adrenal medulla is the inner portion of the gland and controls the hormones epinephrine [adrenaline], norepinephrine, and dopamine. While these are considered "non-vital" for survival, they do play a very important role inside the body. These hormones essentially control the

"fight or flight" response in the body and how the body deals with physical and emotional stress. Your adrenal cortex is essentially what allows you to "turn it on" at the right times. For example, preventing that sweep, escaping that submission, or pushing for that pass at the end of the match to secure the win. Think of it this way, the adrenal cortex and cortisol help control your long term "day-to-day" stress response and the adrenal medulla and adrenaline controls your immediate "in the moment" stress response. Ensuring both of these are functioning properly is critical to maintaining homeostasis, overall health, as well as optimal performance. When one or both of these are not functioning properly, your body will not be able to handle and respond to stress properly. This can lead to an imbalance or buildup of certain hormones at the wrong time. If not handled properly and effici t-ly, things can quickly spiral out of control.

» ADRENAL "FATIGUE" «

You may have heard of adrenal "fatigue" and you may have even been told you suffer from it. However, adrenal fatigue is not an actual medical condition. In fact, it is highly debated if it even exists or not. Despite this, it has grown into a huge marketing term and people are literally diagnosing themselves. It is oddly similar to the "gluten intolerance" epidemic that exploded in the past few years. Adrenal fatigue refers to a collection of symptoms that may be attributed to underactive adrenal glands due to prolonged stress. These include tiredness, trouble sleeping, trouble thinking clearly, sugar cravings, and numerous others. Have you ever suffered any or all of them? That is the problem. All of these are non-distinct and can be attributed to numerous issues or conditions. Some are just due to this condition called "life". The problem with adrenal fatigue is that there is no scientific evidence supporting it due to the vagueness of it.

The bigger problem is that there is no officia test to diagnose it. This keeps it in this gray area of self-diagnosis.



❖ Cortisol is necessary, but imbalance can be detrimental to your health.

This can be dangerous as many people may think they have adrenal fatigue when it is actually another medical condition that is going untreated. Now, there is an actual condition called primary adrenal insufficie y that is a recognized medical condition. This occurs when the adrenal glands do not produce enough hormones, usually due to damage to the glands. This can be tested and diagnosed. If you are suffering from any or all of these symptoms chronically and think it may be a problem, I urge you to see your doctor to ensure there is no underlying condition.

While adrenal fatigue might not be an actual medical condition, that doesn't mean you shouldn't care about your adrenal glands performing optimally. The general theory behind adrenal fatigue makes sense. If your adrenal glands are overworked and/or not working properly, it can significantly impact your health and life. If your adrenals are not functioning effectively, your ability to regulate and release stress hormones can become impaired. This may begin to interfere with metabolism, sleep, and ultimately recovery. It may also lower your ability to release adrenaline and thus diminish the fight or flight response. How would you like to go into your next tournament without adrenaline?

The most likely culprits for underperforming adrenal glands are the usual suspects: poor diet, poor sleep, and unhealthy habits. Cleaning up your diet, habits, and sleep pattern should always be your first step. No supplement or "superfood" will ever be able to replace healthy diet, sleep, and daily habits. However, they are a few things that may aid in this process, especially if you already took care of the aforementioned items.

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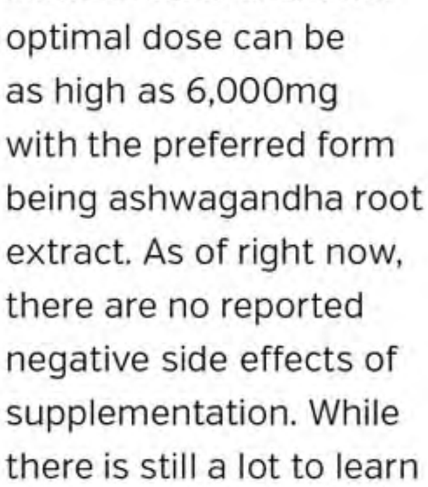
MAGNESIUM

Magnesium is a common mineral that is necessary for numerous processes inside the body. But it plays an important role in adrenal function and stress management. Even though magnesium is such a common mineral, it is one of the most common mineral deficiencies. Magnesium deficiency has been shown to increase stress and anxiety. It can also lower the initiation point for the adrenals, leading to overactivity and increasing stress hormones at incorrect times. There is also suggestion that during stressful times, the body excretes magnesium at a higher rate in urine. This can amplify the problem leading to greater deficiency and creating a cycle of stress hormones and magnesium loss. Maintaining adequate magnesium levels are not only necessary for adrenal function but also general health and performance. General doses are around 200-400mg and should be consumed with food. However, how much you need will be dependent on the level of deficiency. The best way to determine this is a blood test. This will give you the best idea of the dosage you should consume. The good news is that your body generally only absorbs as much as is needed. This means there are very few side effects if you go slightly over, as what isn't absorbed in intestinal tract will just pass through. However, too much can and will cause gastrointestinal distress. I recommend magnesium citrate or malate as they tend to be absorbed the best.

ASHWAGANDHA

Withania somnifera, commonly referred to as Ashwagandha, is an herb used in traditional medicine. Recent studies have been showing very promising results for numerous different benefits of the herb. Ashwagandha is an adaptogen that helps the body reduce stress and anxiety. It has also been reported to help insomnia, improve immune function, reduce cortisol levels, increase physical performance, improve neural function, reduce LDL (bad cholesterol), amongst other things. Even though it appears that ashwagandha works, how it works largely remains a mystery. Despite the positive results seen in studies, researchers are still uncertain of the exact mechanism that makes it work. But one thing is certain, the studies show positive results. The general recommended dose is 300-500mg; however, some studies claim the optimal dose can be as high as 6,000mg with the preferred form being ashwagandha root extract. As of right now, there are no reported negative side effects of supplementation. While there is still a lot to learn about ashwagandha, it is definitely worth supplementing with.



CONCLUSION

Your adrenal system plays a huge role in regulating stress and maintaining homeostasis inside the body. Ensuring that it is performing optimally is critical for maintaining sustained performance and preventing overtraining. While diet, sleep, and a healthy lifestyle are the most important factors, the above supplements can help ensure your adrenal system stays healthy and performs effici tly. Give them a try and train hard.

HELIUM

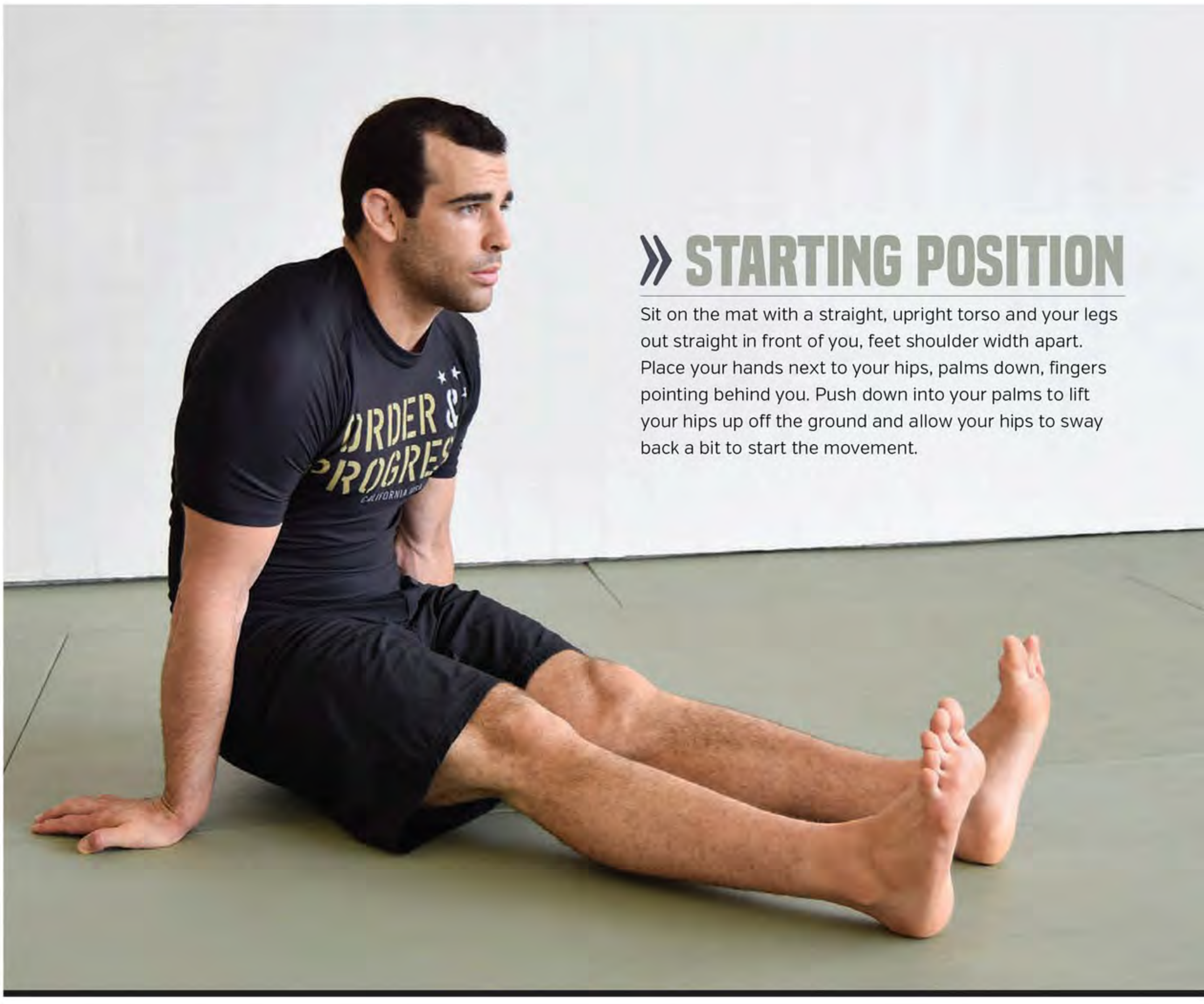
War Tribe's Patent Pending Helium Blend is available in 330GSM and 308GSM ultra light Jiu Jitsu fabric. We've used our Scientific Blend to create the strongest ultra light gi in its class. ***WARTRIBEGEAR.COM/HELIUM***

SOFT ENOUGH FOR JIU JITSU / STRONG ENOUGH FOR WAR

TABLEMAKER

WORDS: **WILL SAFFORD C.S.C.S**

WHEN YOU CAN WARM UP MULTIPLE MUSCLE GROUPS AND JOINTS WITH JUST ONE MOVE, IT'S WORTH ADDING IT TO YOUR ROUTINE. THE TABLEMAKER DOES JUST THAT, WARMING UP YOUR GLUTES AND LOWER BACK WHILE STRETCHING AND MOBILIZING YOUR SHOULDERS, CHEST, NECK, WRISTS, AND THORACIC SPINE. All of these areas are vital for jiu-jitsu plus with the Tablemaker, you'll counter all of the forward flexion from playing guard and passing with some much needed extension and posterior chain work.



» STARTING POSITION

Sit on the mat with a straight, upright torso and your legs out straight in front of you, feet shoulder width apart. Place your hands next to your hips, palms down, fingers pointing behind you. Push down into your palms to lift your hips up off the ground and allow your hips to sway back a bit to start the movement.

» THE MOVE

Drive your hips upward, bending your knees and driving through your heels. Squeeze your glutes hard at the top of the movement, creating a straight line from your knees to your neck. Allow your head to drop backward at the top. Your body should look like a table. Hold the top position for a moment, feeling a stretch in your chest and shoulders, while tensing the muscles of your lower back and glutes.

» FINISHING POSITION

Allow your hips to come down and swing through your hands to create a flow between the start and finish. Once you reach the starting position again, repeat the sequence for reps.

TIP

You can adjust your hand position to accommodate your level of mobility. Find the most comfortable position for your hands to start, either facing forward, backward, or to the sides. Once you've done a few reps and loosened up, try different hand placements to stretch and mobilize further. You can also do this exercise for reps or static holds for time in the top position.

PRESCRIPTION

For a quick warm-up, do five reps of the Tablemaker, holding the top position for three seconds per rep. If you have more time, do two sets of 10 reps with a one second pause at the top. As an exercise in a workout, try five reps with a 15-second hold at the top to develop strength endurance in your lower back, glutes, and shoulders.

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WHAT'S IN YOUR BAG?

The most useful items to bring with you to competitions.

WORDS: **EMIL FISCHER**

ANYONE WHO HAS COMPETED A COUPLE OF TIMES KNOWS THAT THERE ARE ALL SORTS OF ITEMS A PERSON CAN AND SHOULD BRING TO A TOURNAMENT. THESE CAN RANGE FROM CREATURE COMFORTS TO ITEMS WITH WHICH YOU WOULD SIMPLY BE STUPID TO NOT SHOW UP. Let's take a look at some of the tournament essentials that every grappler should at least consider bringing with them to tournaments...

» ESSENTIALS

There are some items that any and every grappler and jiujiteiro needs to have with them when they compete, here's a short list of these essentials that you should always check that you have before departing for a competition:

1. **The necessary attire.** This may sound obvious, but it's not. You should always check what you are required to wear and NOT to wear to any tournament that you plan on attending. For example if you like to wear grappling spats when rolling, you may be out of luck at certain tournament when it comes time for no gi, as many tournaments require that you wear a pair of shorts, and some even ban spats. Other examples are moisture wicking underwear (anyone who has had the misfortune of competing in a pair of cotton underwear knows why this is important) and, of course, a gi legal for the competition that you are attending.

2. **Fluids/snacks.** If you go to a tournament and assume that you will have suitable food and beverages available to you, you may wind up being sadly mistaken. Always make sure to have food with you that is appropriate for consumption during competition. Many competition venues serve stuff like pizza and hotdogs but don't really have anything that an athlete in the middle of a competition should be eating. Many brands make foods and beverages specifically for the purpose of being consumed during athletic activity, be smart about what you pack for the day.

3. **Athletic Tape.** People use athletic tape on a day to day basis to prevent or alleviate injuries. Even if you're not one of these people you should still have a roll of athletic tape in your bag. If you've competed a few times you know that sometimes things don't go as planned, sometimes you jam a finger or toe in your first match, tweak your ankle or wrist. A roll of athletic tape is a good stop-gap measure to provide reinforcement to an injured joint.

4. A **pair of comfortable shoes.** Specifically a pair of comfortable shoes that can be easily taken off and put back on. This should be a no brainer but I've seen lots of people show up at tournaments without suitable shoes to wear between matches, I've even seen the dreaded barefoot guy in the bathroom "the horror". I recommend a pair of clogs or sandals, something you can take off and put on with ease.

5. **A mouth guard.** If you compete without a mouth guard you're basically asking for trouble. People in competition generally don't care if they knock your teeth out, they're there to win, and they are going to roll harder than most people do at the gym. Chances are if you compete, you WILL get hit in the mouth during competition, get a good, comfortable mouth guard and get a decent case for it.

6. **A towel and toiletries.** How does the old saying go? "Don't forget to bring a towel!" You should have a towel and toiletries with you so that you can bathe after competing. The reality is that grappling is a sport riddled with skin related illnesses including ringworm, impetigo, staph and others. Whenever possible shower immediately after you are done competing for the day.

» NON ESSENTIALS

There are things that just about every competitor really should have with them when they go to competitions, and then there are things that we bring with us that are inessential. I know that just about every time I go to compete, I see someone with something and I think "Wow, I should have brought one of those with me!" Here's a short list of inessential creature comforts that you may want to consider bringing with you when you compete.

1. **A foam roller.** If you don't already use a foam roller you may want to consider getting your hands on one. A good foam roller is very valuable for preparing to compete; it can also help you address some of the aches and pains that you may accrue throughout a day of competition. A foam roller is perhaps the most essential inessential item you can throw in your bag.

2. **A smart phone.** A smart phone is another highly essential inessential item. A phone can serve as a way to entertain yourself before competing or between matches and it can be a way for you to update social media with sweet pictures of your medals. It can also be a great way to record your matches either for your own self analysis or to post on social media. Also (for obvious reasons) make sure you have a charger.

3. **Nasal Strips.** Yet another potentially essential inessential item. I first saw a competitor wear a nasal strip at a tournament a few years ago. As soon as I saw what he was wearing on his nose, it made perfect sense to me. Athletic performance can be greatly improved by improving your breathing, and nose strips are a cheap and easy way to open your nostrils up and help you breath better.

4. **A backup uniform.** There are plenty of examples of wardrobe malfunctions, and the reality is that if you CAN you should try to have a second gi and a second set of no gi gear with you when you compete. This is not always possible as sometimes you may be limited insofar as the amount of luggage that you can bring with you. If you can, having a backup uniform can be very helpful.

5. **Sanitary wipes.** Yeah if you didn't forget to bring #6 from the "essentials" list you should be fine, but sometimes you wind up competing against a particularly gross opponent. Sometimes mid match you notice what looks suspiciously like a skin infection on your opponent, better safe than sorry...

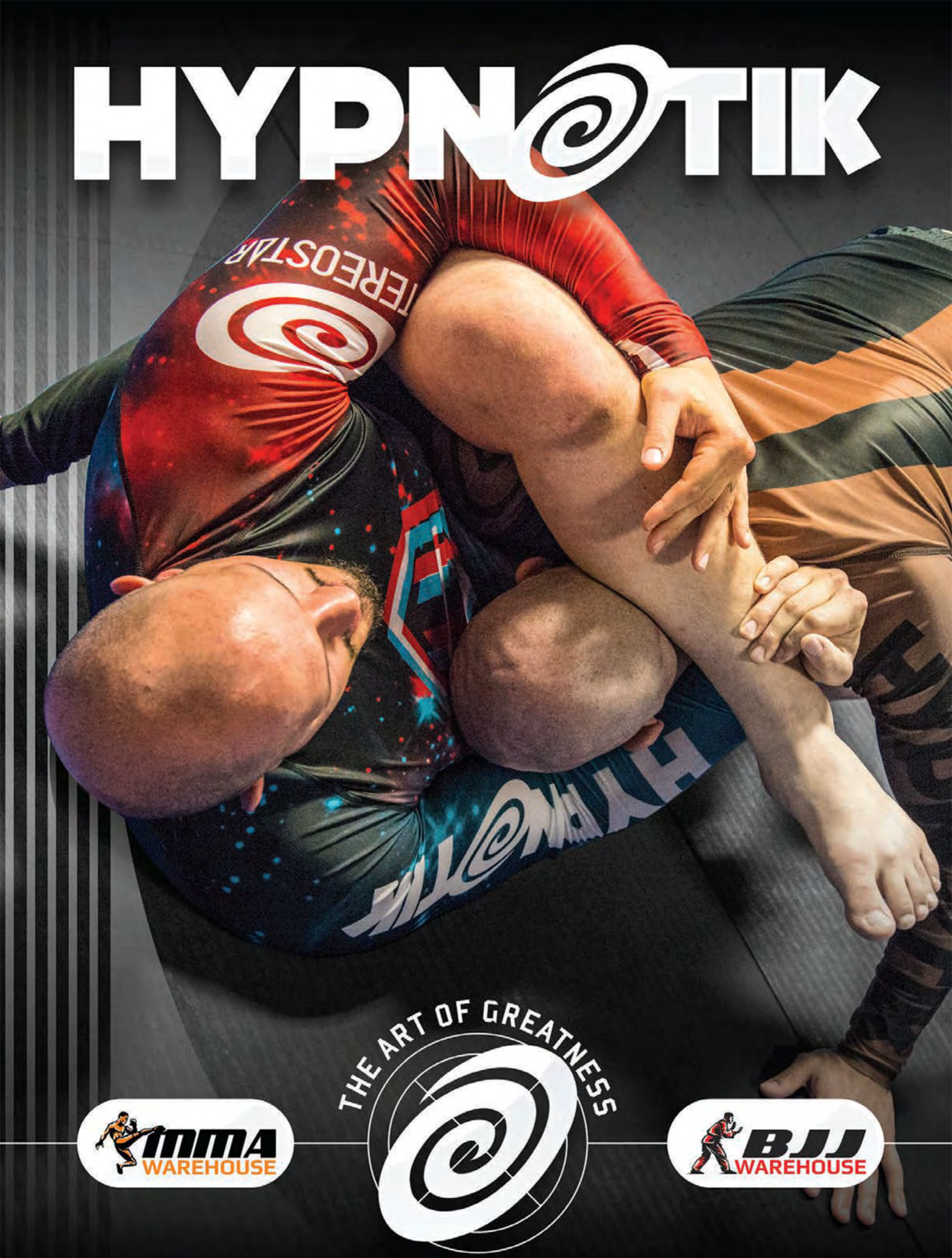
6. **Antibiotic ointment/bandages/ first aid.** I don't think I've ever competed and not wound up with an open wound. The easiest way to keep these taken care of is if you have the appropriate supplies with you. This is most likely a non-essential item, but it's still smart to have these sorts of things with you when you compete... just in case.

» BE PREPARED

If you are driving to a tournament, you can load your car up with all sorts of stuff that you may or may not need. More often than not, I don't use most of the items that I bring with me, but in the moments that I actually need something I brought with me I am happy that I did.

When you are traveling by plane to compete (or for that matter any other mode of transportation that limits the amount of luggage you bring with you) things can be a bit more difficul as space is an issue. Prioritize your essentials over your non-essentials so that at least you know you have what you may end up needing.

HYPNOTIK



THE ART OF GREATNESS

MMA WAREHOUSE
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WHO IS JESSICA OLIVEIRA

INTERVIEW AND PHOTOS: **PATRICK FLORES**

The 2015 ADCC was full of excitement. I remember waking up before sunrise in order to catch the matches that were going on in Brazil. One match in particular was very memorable. Gabi Garcia was a favorite to win the ADCC but was stopped in her tracks by Jessica Oliveira. Jessica, at the time a brown belt under Henrique Machado, was able to defend attacks from the much larger Gabi. She was also able to use fundamental jiu-jitsu to sustain a great bottom game that resulted in a victory over the favorite. It was arguably the biggest upset of the entire 2015 ADCC. However, this upset was definitely no fluke. Her ongoing dedication and resiliency from the age of 17 is coming to fruition.

Originally training at Gracie Barra Amazonas under Sensei Henrique Machado, the former coach of Ronaldo "Jacare" Souza and Ary Farias, Jessica now trains at Legacy Burbank under Alberto Crane. Now 24 years old, Jessica has set her sights on black belt and eventually a World Championship. Most recently she earned double bronze at the 2016 IBJJF Worlds, coming in third in Brown Belt Adult Female Middle Weight and in the Open. We caught up with this up and coming jiu-jitsu star and asked her some questions.

JJM: What got you interested in jiu-jitsu?

Jessica: When I was younger, I practiced wrestling. I started to like jiu-jitsu after my sensei, Henrique Machado, introduced it to me. He taught me how to train like a samurai. My first love was actually Muay Thai. After I win a World Championship at black belt, maybe I'll pursue MMA.

JJM: At what age did you start training?

Jessica: I started to train jiu-jitsu too late. I was 17 years old. I wish I had started sooner.

JJM: I understand you're originally from Brazil. Which academy was that?

Jessica: Gracie Barra Amazonas under Sensei Henrique Machado. This is in Manaus, which is where I'm from.

JJM: What was the transition like for you coming to the United States?

Jessica: I came to the US to fight in the World Championships. It was through my friend, Thiago Reinaldo, I met Professor Alberto Crane. In 2015, I contacted Professor Alberto and I've been here for a year now. I like it a lot; the training is very focused and I've met a lot of new people from all different races and walks of life. It's fun to work on my English. I have friends and teammates who don't speak Portuguese, so I've been able to help teach them and they help teach me English a little too.

JJM: Do you prefer gi or no gi?

Jessica: I like to train both of them. They are quite different- the gi I have more control of things and no-gi things get more loose and you never know what can happen.

JJM: Do you have any role models you admire or look up to for inspiration?

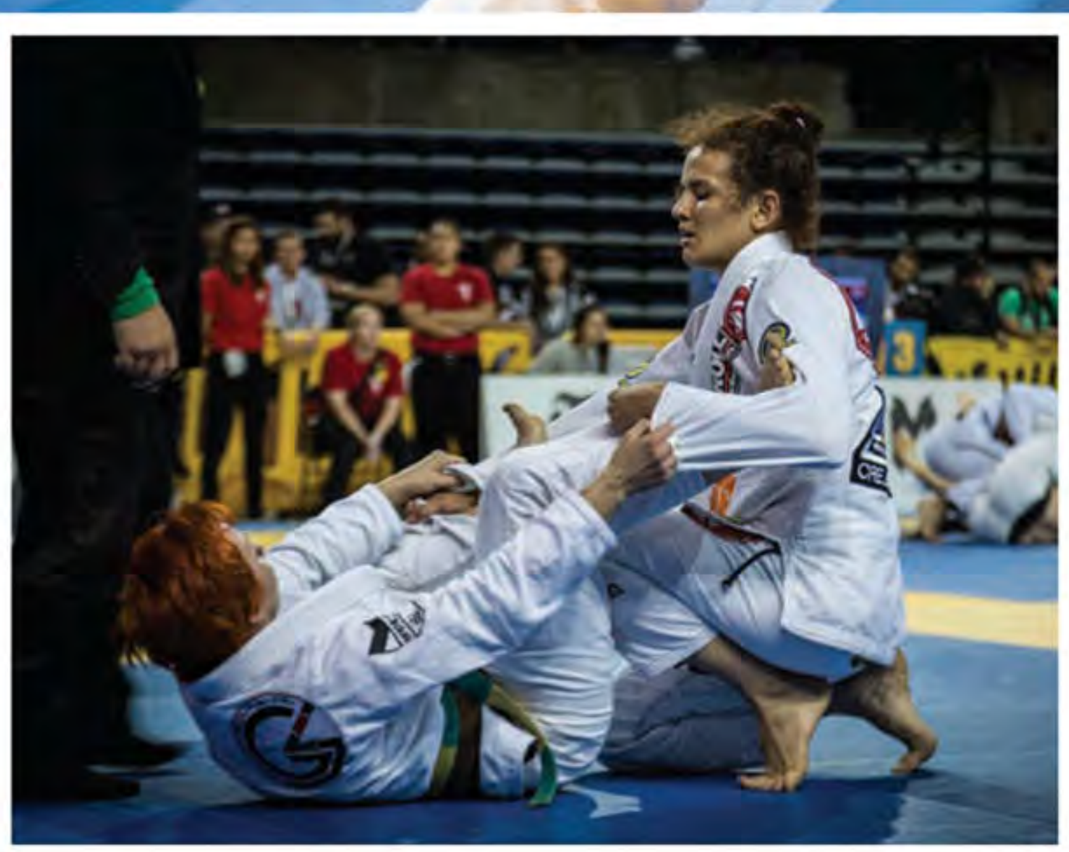
Jessica: Buchecha, Leandro Lo, Ana Laura Cordeiro, and Braulio Estima. I admire these athletes a lot and what they've managed to accomplish.

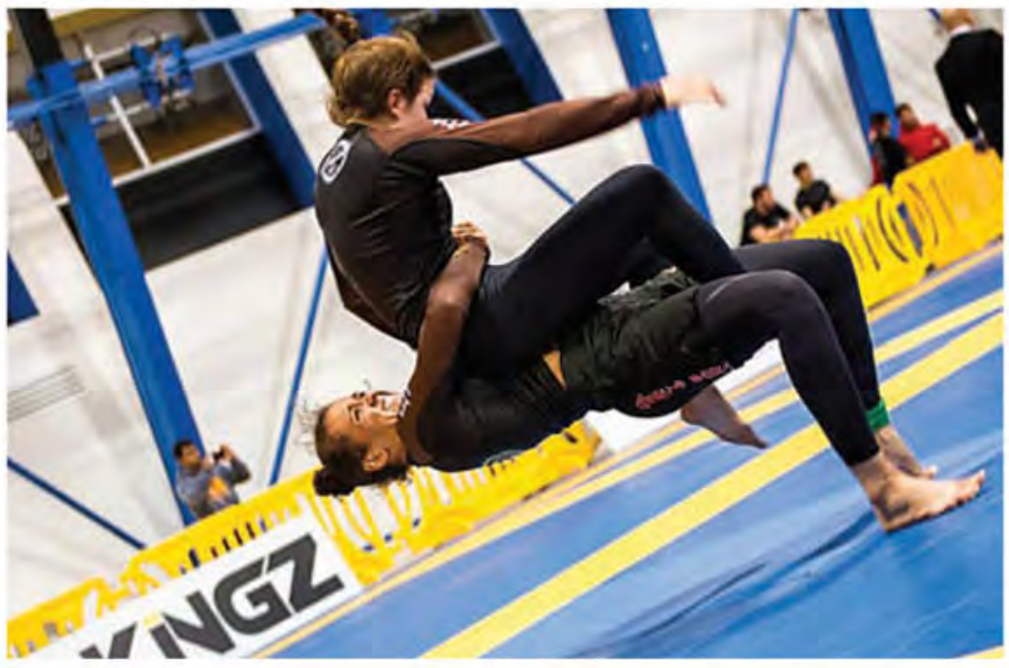
JJM: What has been your favorite moment so far in your jiu-jitsu career?

Jessica: My favorite moment was the Abu Dhabi Trials in my city in Manaus where I was the champion struggling with large black belt fighters and I was then a purple belt. It was a great experience for me. The other great memory for me was placing 2nd in the biggest no-gi event of the world, which is the ADCC.

JJM: What would you say has been your biggest challenge thus far in your career?

Jessica: My biggest challenge was when I was fighting the Abu Dhabi Trials in Gramados and had an appendix crisis and had to have surgery. It was three months without any training and this was the greatest torture for me because I lived in the gym and I saw my friends going to train and I could not. I overcame this when my sensei opened my eyes





and made me see that it was nothing that I couldn't overcome and brought me back.

JJM: What is your favorite song?

Jessica: My favorite song is Raridade by Brazilian singer Anderson Freire. And I'm a super fan of Beyonce, haha.

JJM: What is your favorite thing to eat after a competition?

Jessica: After the competitions in my city, I like to eat the famous and traditional sandwich called X-Salada which is like a hamburger. Here in California, I like to go to the buffet where I can eat everything.

JJM: Do you have a favorite technique?

Jessica: My favorite technique is the armbar from the closed guard. It's kind of simple but I like it a lot because it is simple.

JJM: If you were to describe your jiu-jitsu in one word, what would it be?

Jessica: Basic

JJM: What are your goals? Where do you want to be 5 years from now? 10 years from now?

Jessica: My goals are to be World Champion in black belt, have my gym, and then form my family- my husband and I very much want to have children.

JJM: How do you feel about the current rules of sport jiu-jitsu?

Jessica: The rules are good; I would not change them. If you have competitors with lots of fire, the matches will be exciting no matter the rules.

JJM: Do you have any hobbies outside of jiu-jitsu?

Jessica: I like to play video games with my husband, watch movies on Netflix, and cook sometimes.

SUBMISSION WRESTLING

WITH GARRY TONON

PHOTOS: **RIC RICARD** | WORDS: **WILL SAFFORD**

OVER THE LAST FEW YEARS, GARRY TONON HAS BECOME A FIXTURE IN THE SUBMISSION GRAPPLING AND NO-NI JIU-JITSU SCENE. FROM METAMORIS TO EBI TO IBJJF TOURNAMENTS, GARRY HAS PROVEN HIMSELF AS ONE OF THE SPORT'S MOST DOMINANT NO-GI JIU-JITSU FIGHTERS. Seemingly ready to fight anyone, anywhere, Tonon routinely delivers with submissions finishes. His signature leg attacks, including kneebars and heel hooks, are usually how he makes his dominance known. However, Tonon is not a one trick pony. Aggressively passing guards and making his way to the back, Tonon has a vicious rear naked choke and guillotine.

Today, he shows us a few techniques when you're on your feet, either when your opponent has secured a standing body lock, or from a collar and elbow tie up. With the dynamic pace of submission grappling, these are common positions you'll find yourself in. You'll learn how to take the fight to the mat without having points scored against you and set up a few submissions to the leg, shoulder, arm and neck. Before you attempt the submission techniques, it's important to learn how to safely roll over your shoulder to bring the fight to the ground. Once you've learned the Granby Roll from various starting heights, you'll be able to confidently set up the following techniques.

RAW DATA

Powered by BJJ Heros

Lineage:

Mitsuyo Maeda > Carlos Gracie Sr. > Helio Gracie > Carlos Gracie Junior > Renzo Gracie > Ricardo Almeida [> Tom DeBlass] > Garry Tonon

MAIN ACHIEVEMENTS:

- World No Gi Champion [2011 & 2012 Brown]
- World Champion [2008 Juvenile Blue]
- Pan American No Gi Champion [2010 Purple Absolute, 2011, 2012 Brown Weight & Absolute, 2015 Black]
- EBI WW Champion [2014, 2015]
- EBI LW Champion [2015]
- FIVE Grappling Nevada Champion – No Gi [2014 Weight & Absolute]
- FIVE Grappling Nevada Champion – Gi [2014]
- Metamoris Superfight Winner [2014, 2016]
- FIVE Grappling Superfight Winner [2015]
- Pan American No Gi Runner-up [2010 Purple, 2015 Black Absolute]
- World No Gi Championship 3rd Place [2011 Brown Absolute, 2014 Black Absolute]
- Pan American No Gi 3rd Place [2011 Brown Absolute]

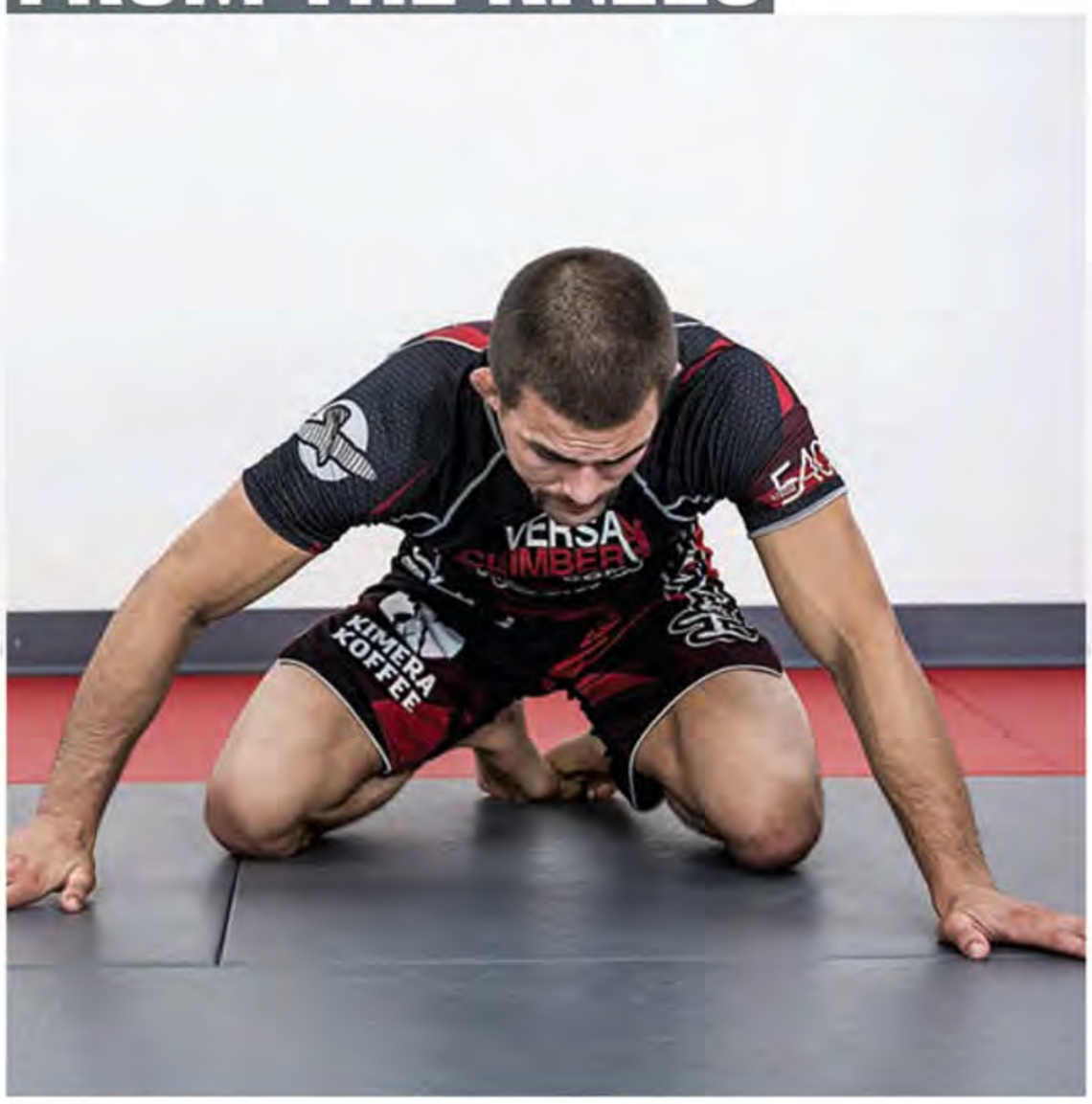
FAVORITE POSITION/TECHNIQUE: RNC and Inverted Heel Hook
WEIGHT DIVISION: Peso Leve [76.2kg/168lbs]
TEAM/ASSOCIATION: Renzo Gracie Academy

"OVER THE LAST FEW YEARS, GARRY TONON HAS BECOME A FIXTURE IN THE SUBMISSION GRAPPLING AND NO-NI JIU-JITSU SCENE."

GRANBY ROLL DRILLS

These are some simple drills you can do alone to work on your flexibility, limberness, and agility that will not only help you perform the techniques Garry has become famous for but for just about all of your jiu-jitsu. The Granby roll is a wrestling reversal named for Granby High School in Norfolk, Virginia. It was popularized by Billy Martin, a famous wrestling coach in the 1950's and 1960's.

FROM THE KNEES

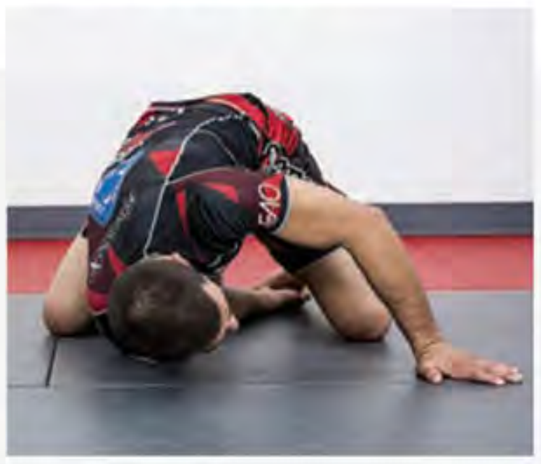


STEP 1

Starting from your knees, drop your upper body to the mat, turning to the left so your head and right shoulder make contact with the mat.

STEP 2

Tuck your right arm next to your leg and roll over your upper back and shoulders.



STEP 3

Allow your body to fold in half as your legs pass over your head and come back up to your knees to finish.

FROM TRIPOD POSITION

STEP 1

Starting from your hands and feet with your hips up in the air, tuck your right arm underneath your body, turning your head and upper body to the left.

STEP 2

Allow your head and right shoulder to contact the mat as your roll over your upper back and shoulders.

STEP 3

Fold your body in half as your legs pass over your head and finish on your knees.

FROM STANDING

STEP 1

From a standing position bend forward and tuck your right arm underneath your body, turning your head and upper body to the left. (jr0025.jpg, jr0028.jpg)

STEP 2

Drop your head and right shoulder to the mat, rolling over your upper back and shoulders.

STEP 3

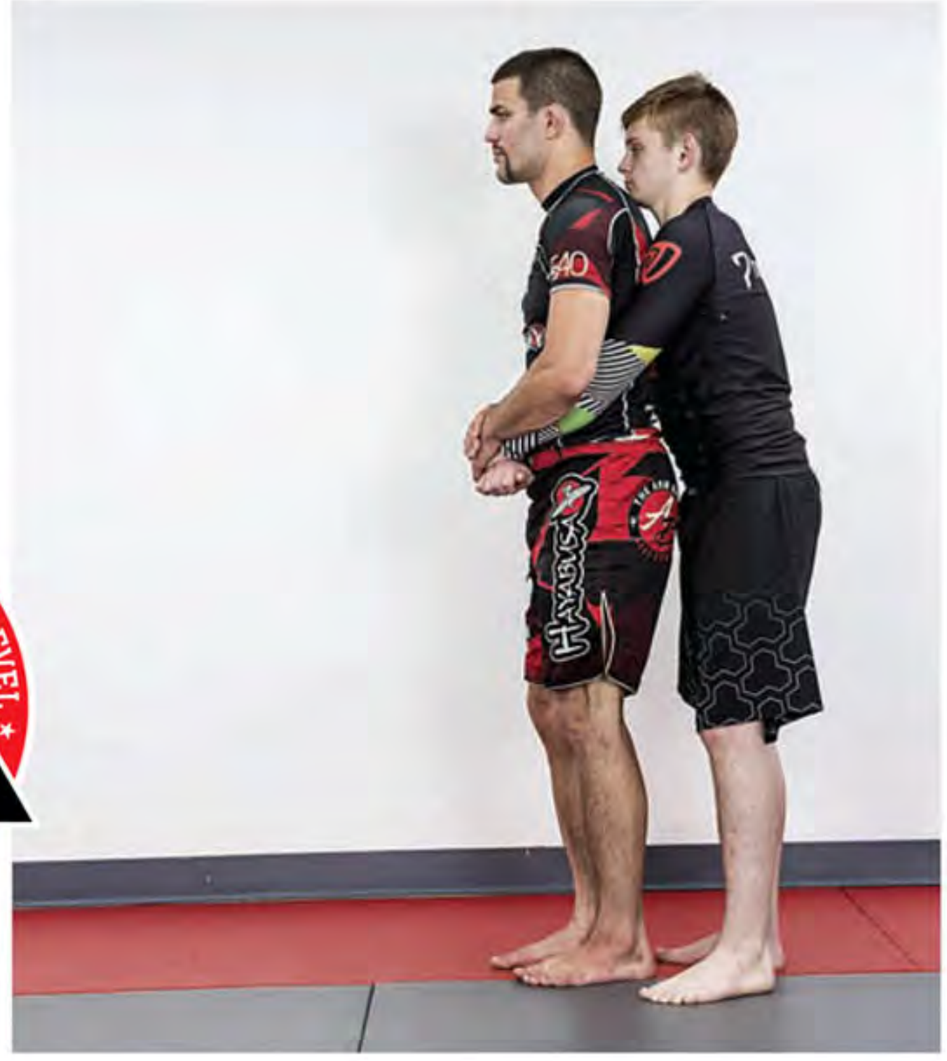
Fold your body in half as your legs pass over your head and finish on your knees.

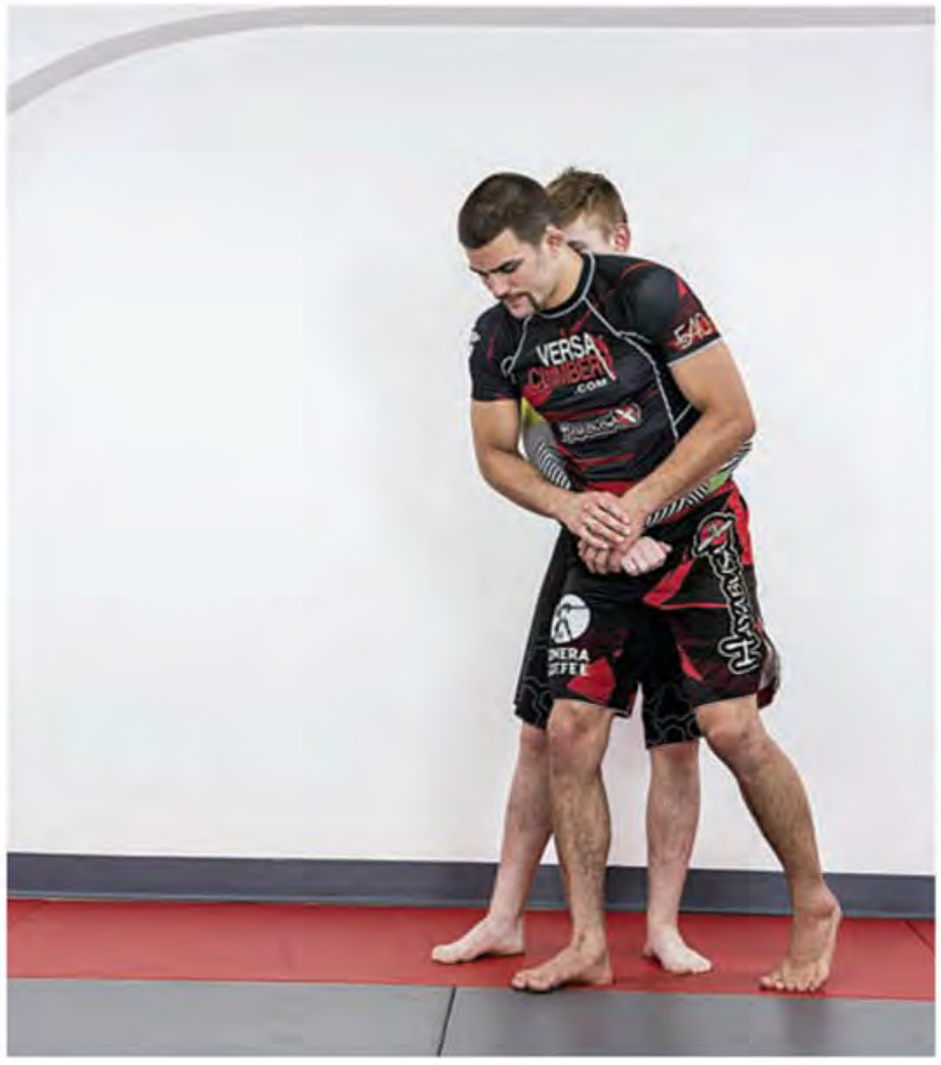
GRANBY ROLL OUT OF A BODYLOCK

Your opponent has your back with a body lock, what do you do? Granby roll.

STEP 1

Starting with your opponent behind you with a bodylock around your hips, step forward to create space and stagger your feet.





STEP 2

With your right foot forward, bend over and tuck your right arm underneath your body, rolling over your right shoulder.

STEP 3

Continue to roll over your shoulders while your opponent maintains the bodylock.

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STEP 4

End on your back with your opponent still holding your hips.

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STANDING BODY LOCK COUNTER TO KIMURA

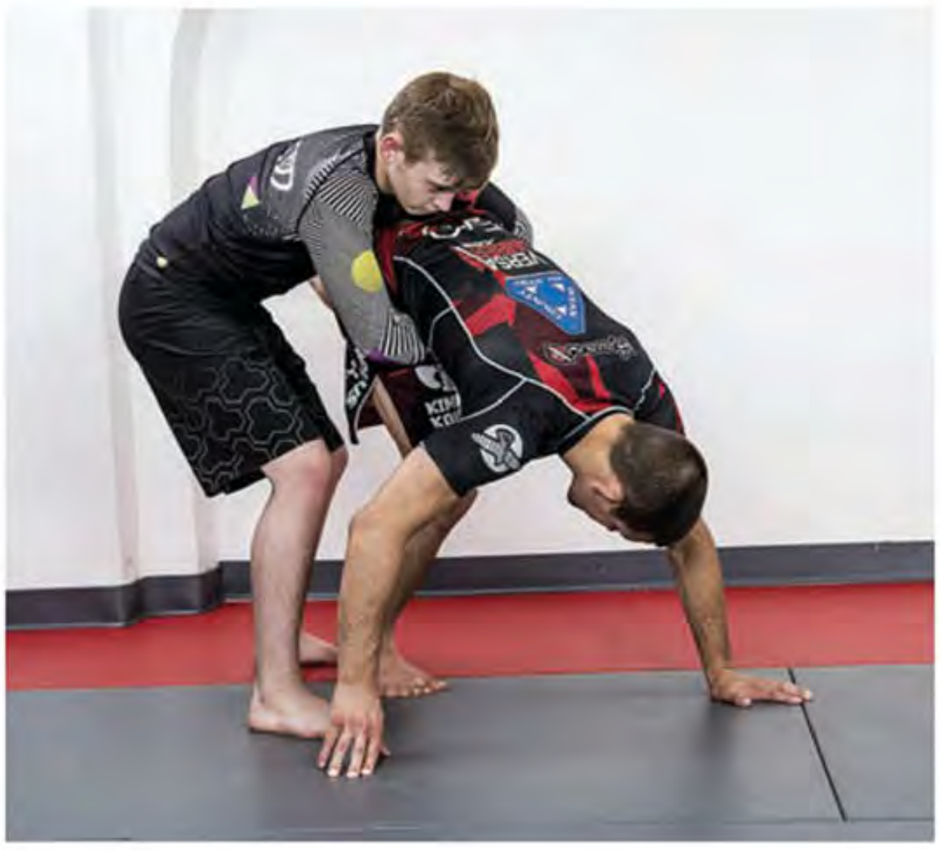
This is a way to attack your opponent with a Kimura after performing the Gramby roll to escape the bodylock. This is a great option if after you land the roll and your opponent's legs are too far away for a lock.

STEP 1

Starting with your opponent behind you with a bodylock around your hips, step forward to create space and stagger your feet.

STEP 2

With your right foot forward, bend over and tuck your right arm underneath your body, rolling over your right shoulder.

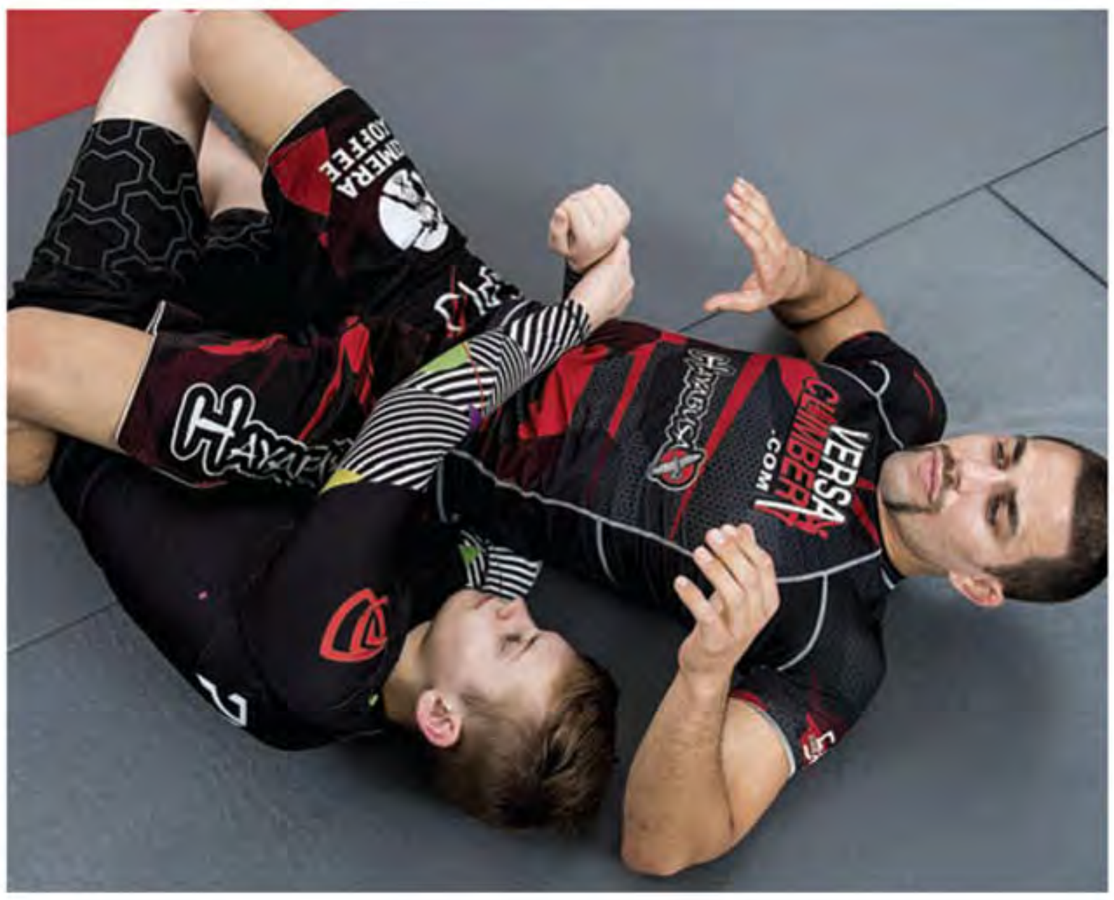


STEP 3

Continue to roll over your shoulders while your opponent maintains the bodylock.

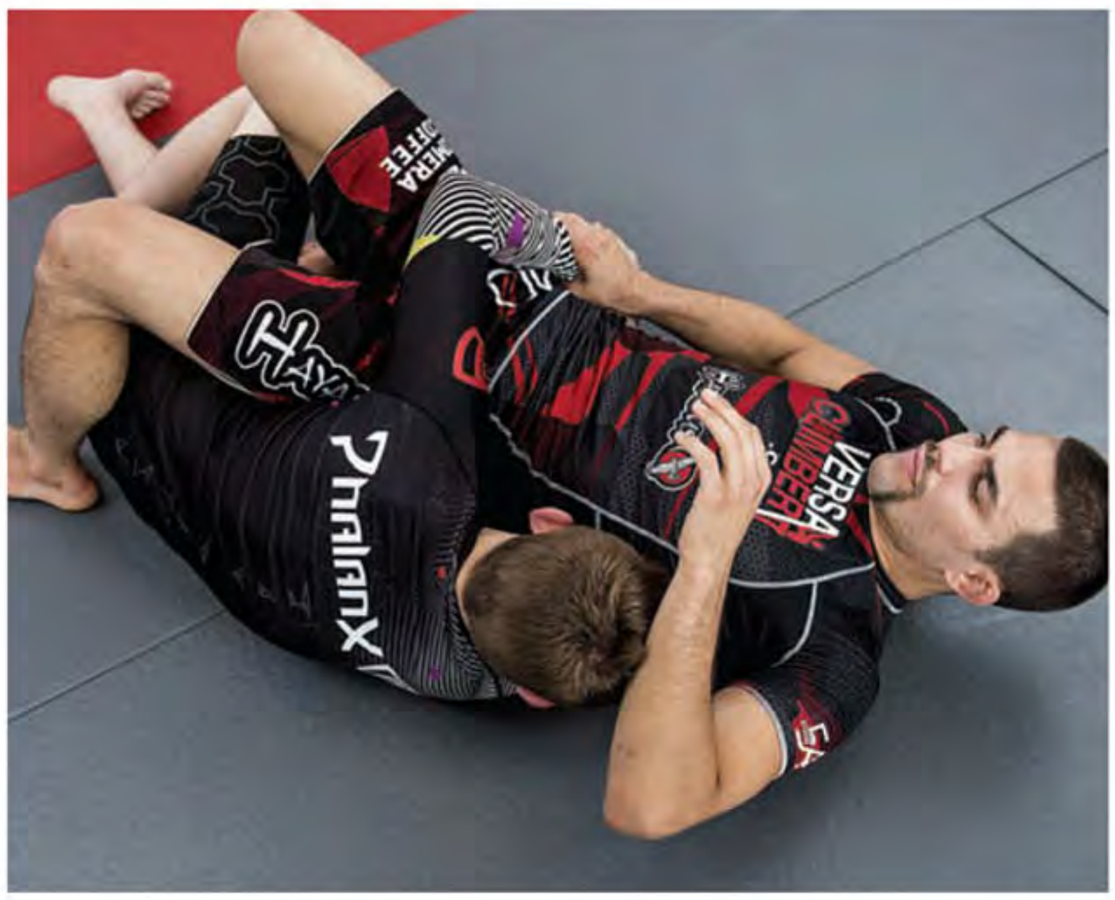
STEP 4

End on your back with your opponent still holding your hips.



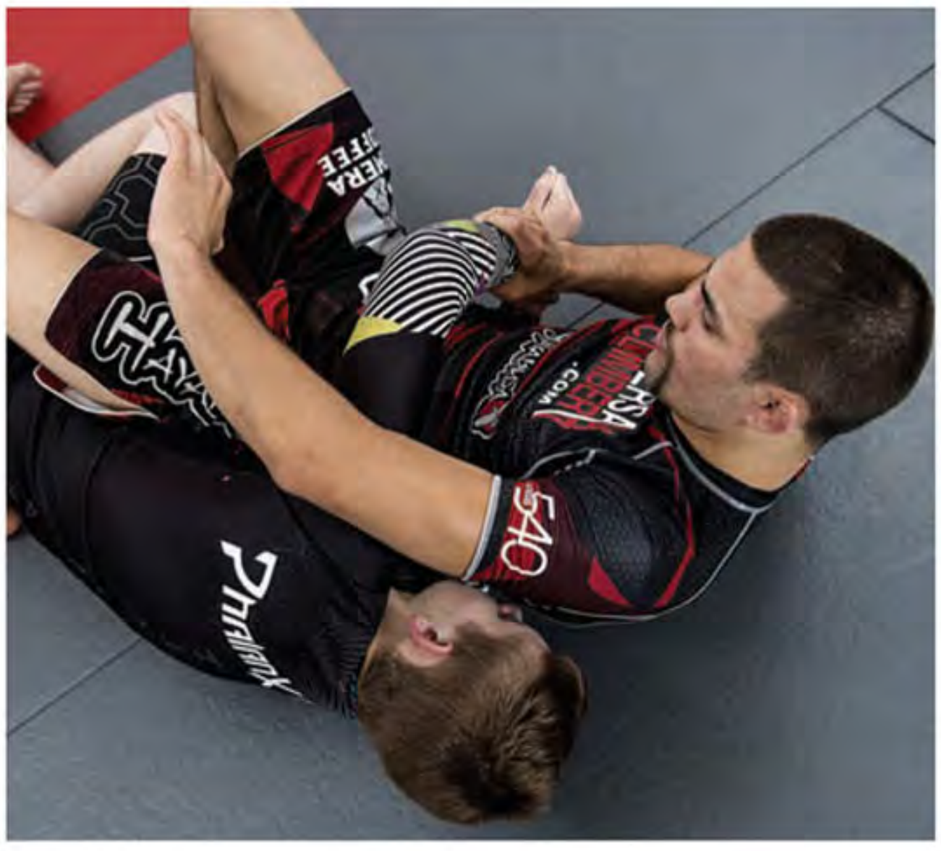
STEP 5

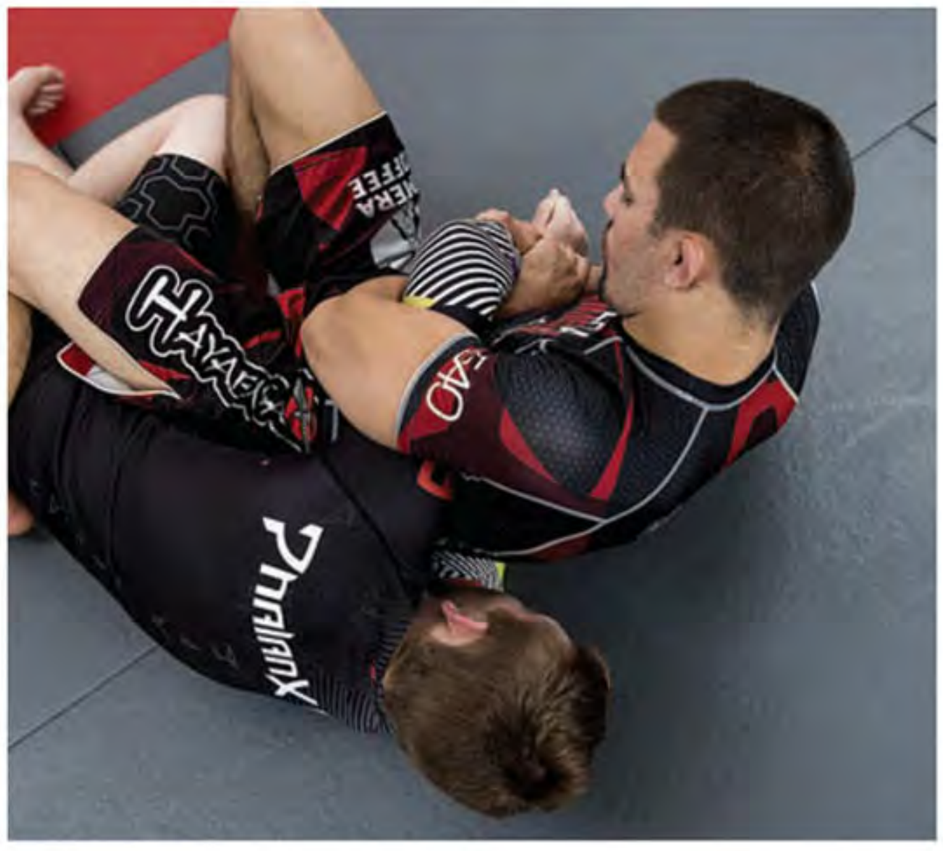
This time, your opponent's legs are too far to attack so attack the Kimura by first grabbing his wrist.



STEP 6

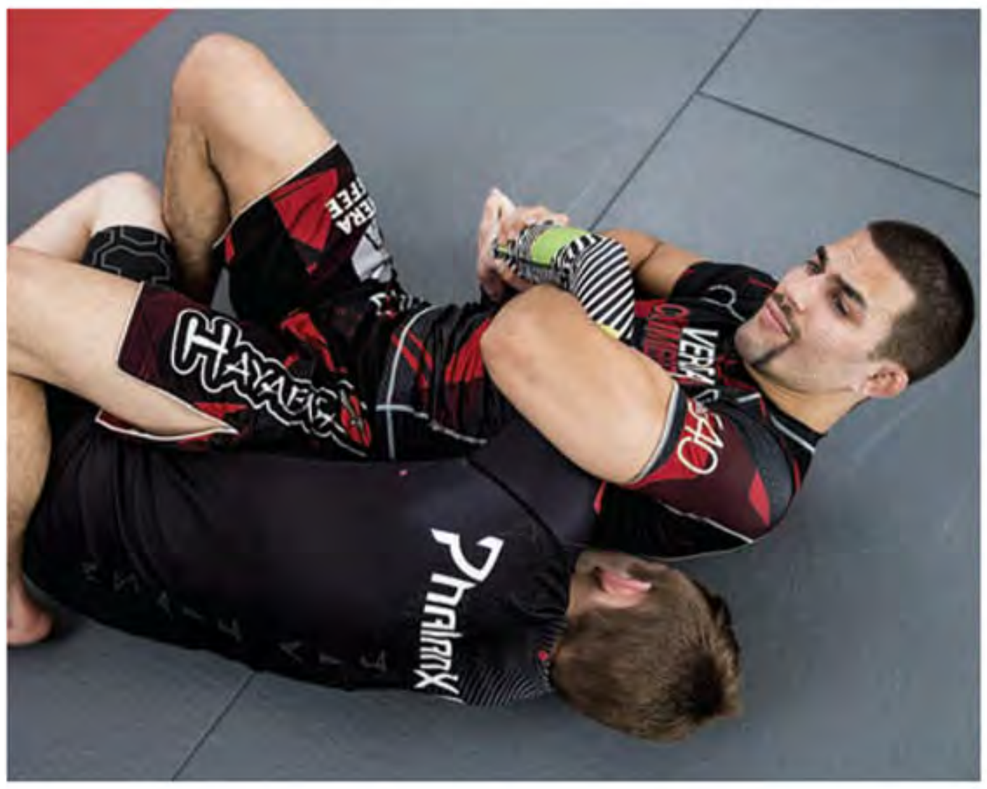
Reach around your opponent's elbow to grab your own wrist.





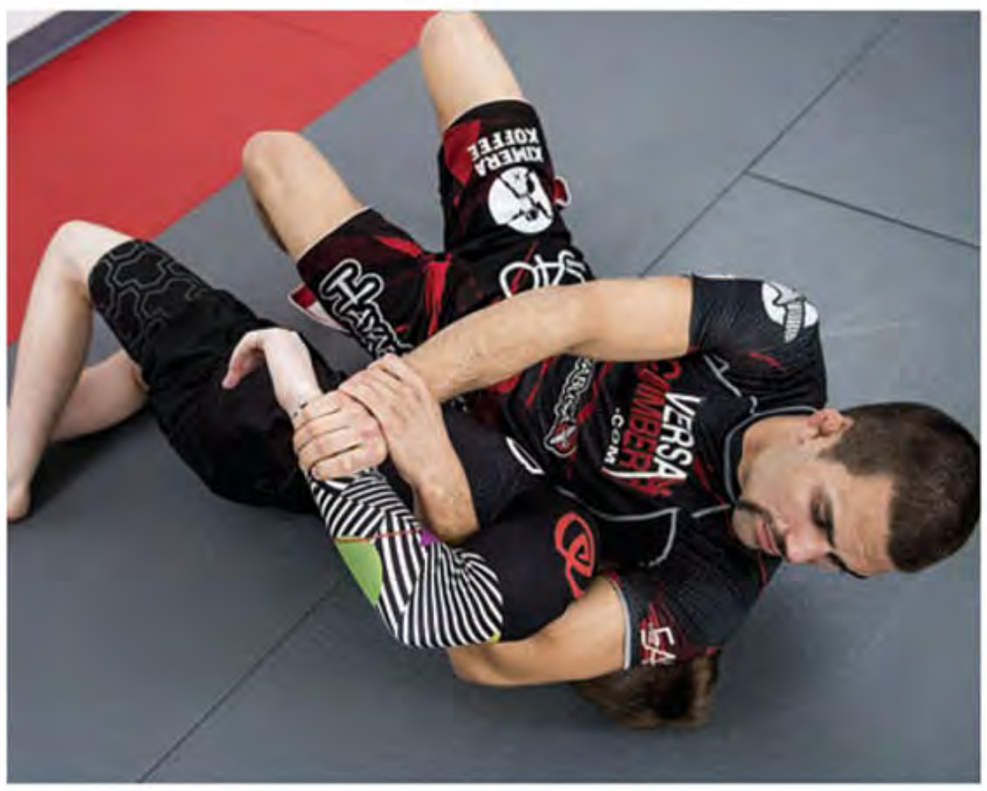
STEP 7

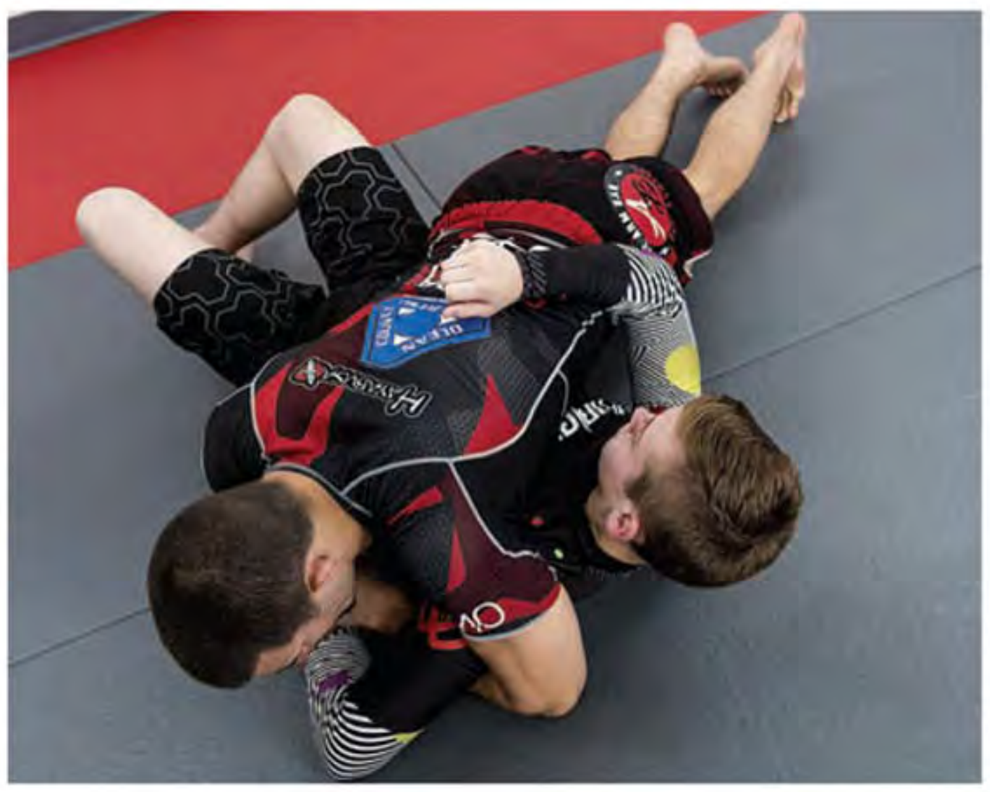
Pull your opponent's arm up and away from your body to separate his bodylock.



STEP 8

Walk your feet out to the side, then turn in toward your opponent to end in side control.





STEP 9

To finish the Kimura, pull your opponent up so his upper body comes off the mat and push his arm up to get the tap.

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STRAIGHT ARM LOCK VARIATION

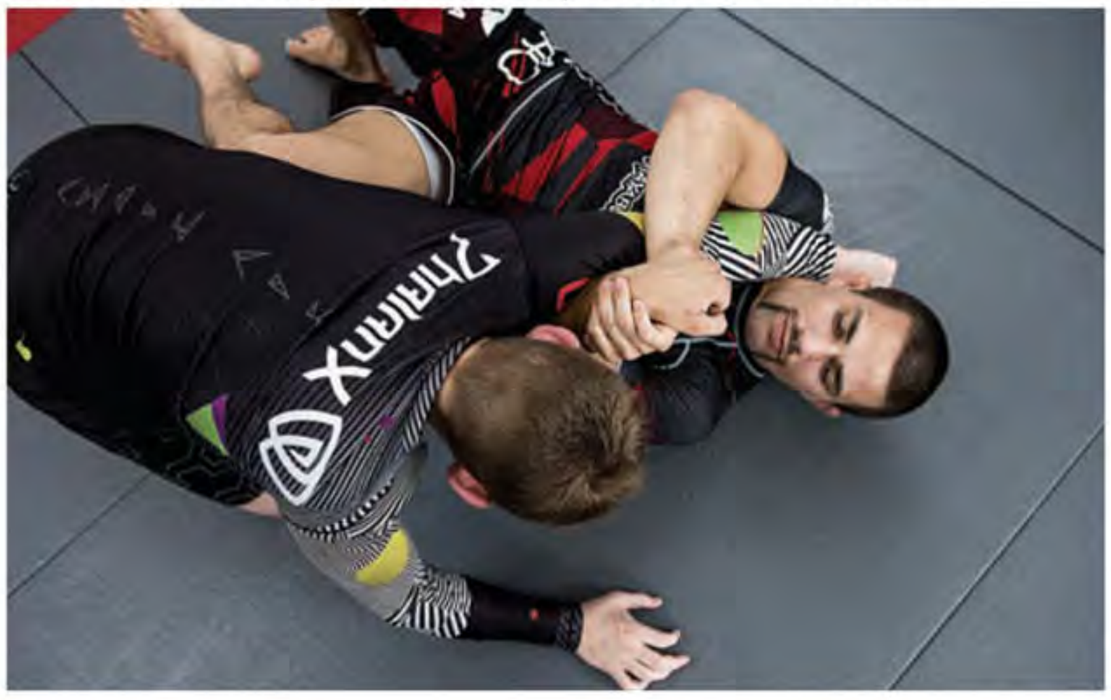
Should your opponent come up too fast, preventing the Kimura, you can go for the straight armlock instead.

STEP 1

Start on your back with your opponent coming up from the body lock. Attempt to go for the Kimura but transition your grip underneath your opponent's elbow to secure his arm.

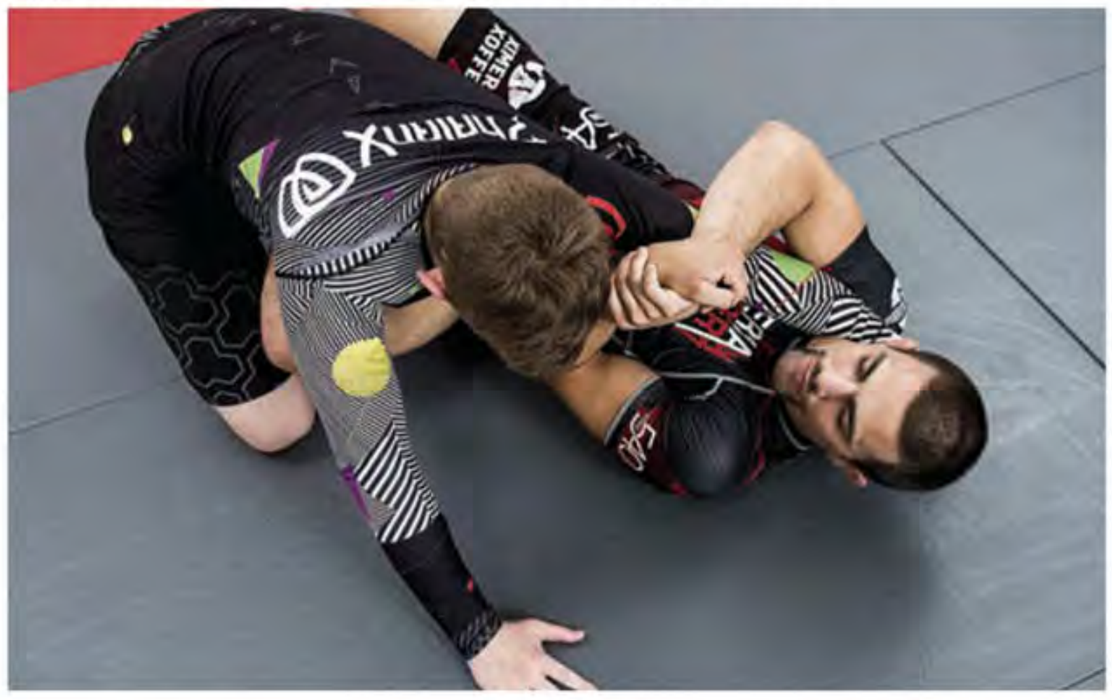
STEP 2

Secure his arm by trying to pinch his forearm between your neck and shoulder and put downward pressure on his elbow.



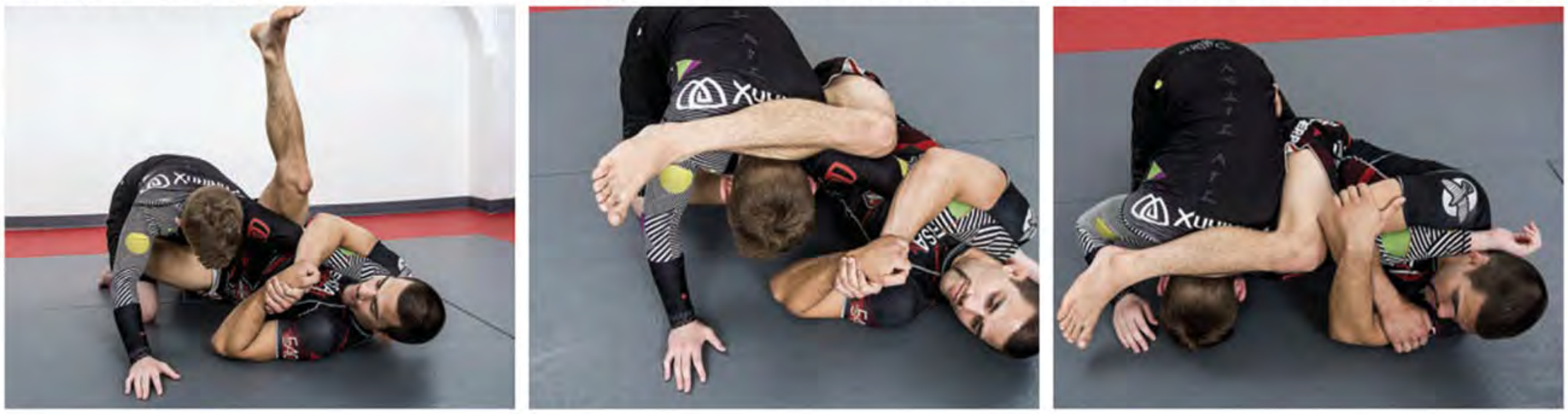
STEP 3

Scoot your hips outward to turn your body inward toward your opponent to secure his body between your knees.



STEP 4

Throw your leg over your opponent's shoulder and upper back using downward pressure to crunch down on his elbow and get the tap.



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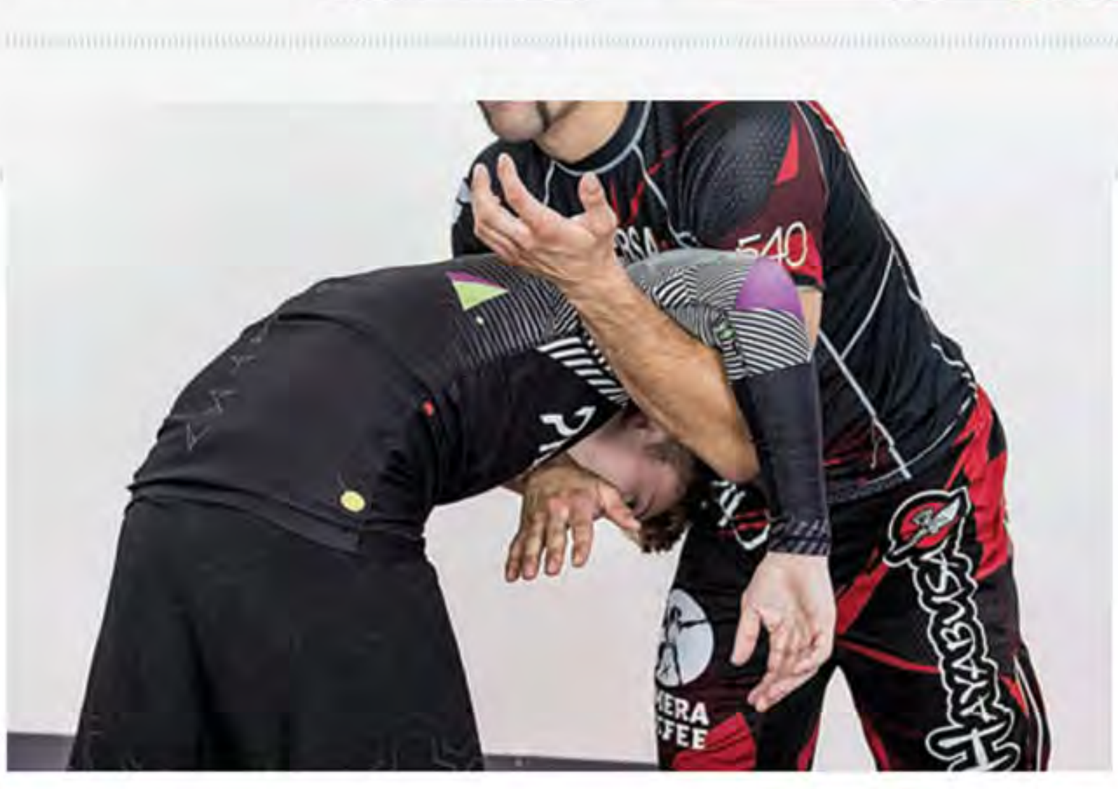
SNAPDOWN TO HIGH ELBOW GUILLOTINE

This is a different submission wrestling concept that Garry's going to show us. It uses your ability to trap your opponent's arm and head. This is very common in submission wrestling and can be used in both gi and no-gi grappling.

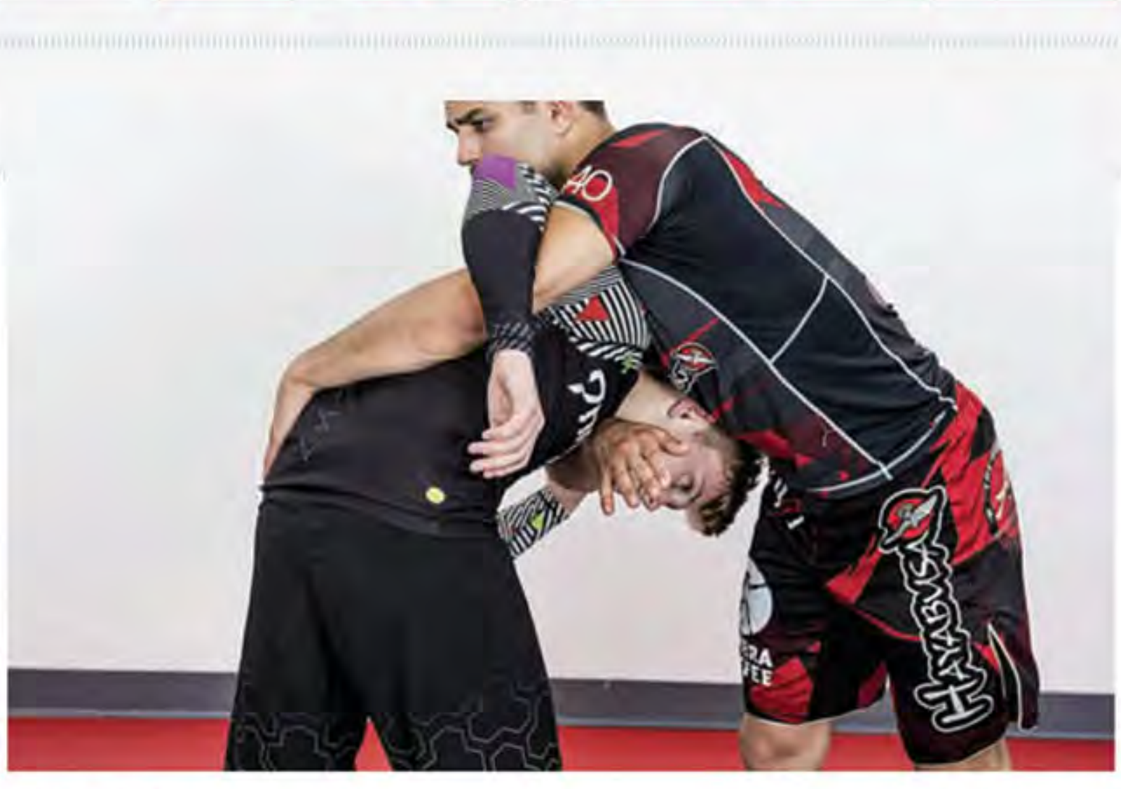
STEP 1

From a standing collar-and-elbow position, and one hand on the back of your opponent's neck, snap his head down to break his posture.



STEP 2

Underhook your opponent with your left arm and crossface your opponent with your right. Keep downward pressure on his back with your chest.

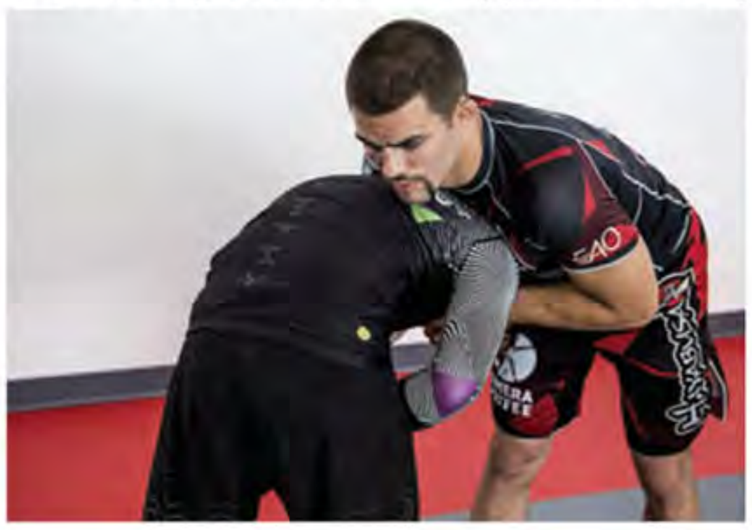


STEP 3

You can attempt to take your opponent down by reaching the underhook across toward his hip and pushing down with the crossface toward the mat.

STEP 4

If your opponent defends the takedown, you can connect your hands underneath his neck to set up the guillotine from standing. Put downward pressure on his upper back with your chest.

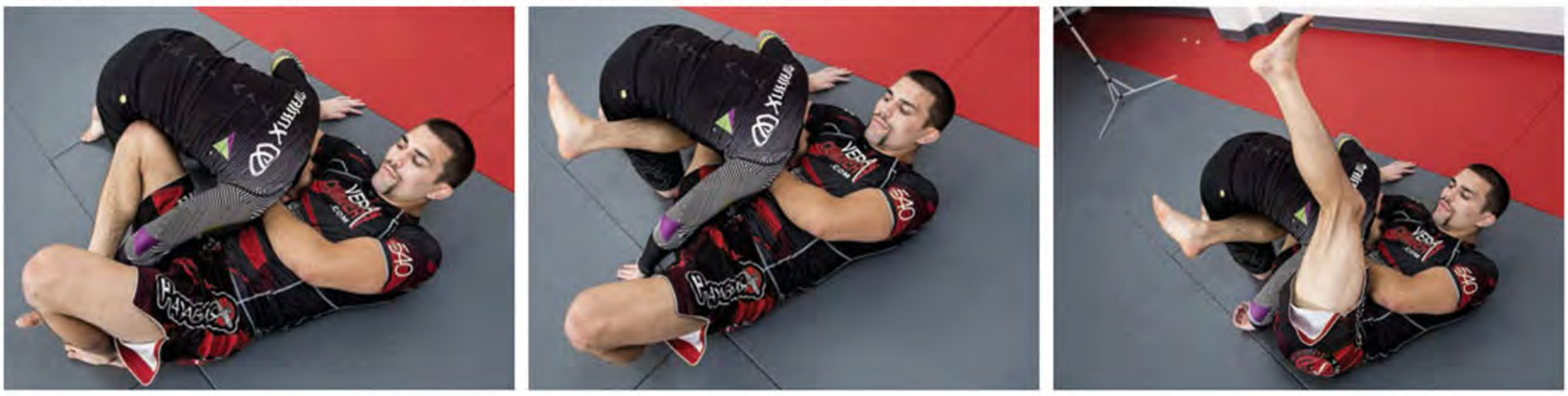


STEP 5

While maintaining the grip around his neck, turn your body to the side of the mat.

STEP 6

Bring one knee underneath your opponent and swing the other leg over his back to prevent him from escaping the guillotine.



STEP 7

To finish the guillotine, pull your wrist up into your opponent's throat while forcing his chin down into his chest.

These positions are demonstrated for submission wrestling and no-gi jiu-jitsu; however, they can also be used in the gi. You may have trouble setting up the guillotine grip around the gi collar, but the armlocks are valuable attacks that can be used in both. The trick is to get confident rolling over your shoulder from a standing position with an opponent on your back. Once you master the standing Granby Roll, you'll be in a much better position to pull these techniques off in class or competition.

GEAR LAB

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THE LAST TIME I REVIEWED A FLOW KIMONO, IT WAS THEIR HEMP SERIES GI. THAT GI HAS HELD UP NICELY FOR ME; I CONTINUE TO BE IMPRESSED BY THE QUALITY OF IT ALONG WITH THE VIRTUES OF HEMP. THIS TIME AROUND I GOT A CHANCE TO TAKE AN IN DEPTH LOOK AT THEIR PRO SERIES GI DESIGNED AROUND THE COMPETITOR. IT'S JUST SLIGHTLY HEAVIER THAN THE FLOW AIR GI. THE DIFFERENCE IS SO MINIMAL THAT I DOUBT YOU WILL NOTICE MUCH OF A DIFFERENCE IN WEIGHT. YOU WILL, HOWEVER, NOTICE THE SMALL DETAILS THAT MAKE THIS GI GREAT. FOR THIS REVIEW, I TESTED THE BLUE. THE GI COMES IN WHITE AND BLACK AS WELL. PRICED AT $150 (WHITE IS $140), THE GI IS COMPETITIVELY PRICED TO OTHER COMPETITION STYLE GIS.

THE JACKET

Living in Southern California, it's generally warm and dry. This has made me come to appreciate the Pro 3 gi during my time of testing. It is both lightweight and breathable. The 480GSM pearl weave top is woven from 100% cotton. From the first time I laid my hands on this gi, I could feel how soft the cotton was. This likely has to do with Flow's philosophy of sourcing and treatment of fabric. You can read more about this on their website. On the interior of the jacket, the shoulder panels are ripstop, giving the gi a slight moisture wicking effect along with a reduction in weight rather than doubling up with the pearl weave material. As far as branding goes, the gi is similar to Flow's other kimonos. You will find Flow logos on each arm, one on the back, and one on the front lapel. Part of the interior is lined with a soft oolMax like material that acts as a rashguard for added comfort. This is great for male competitors, as rashguards are typically not allowed.

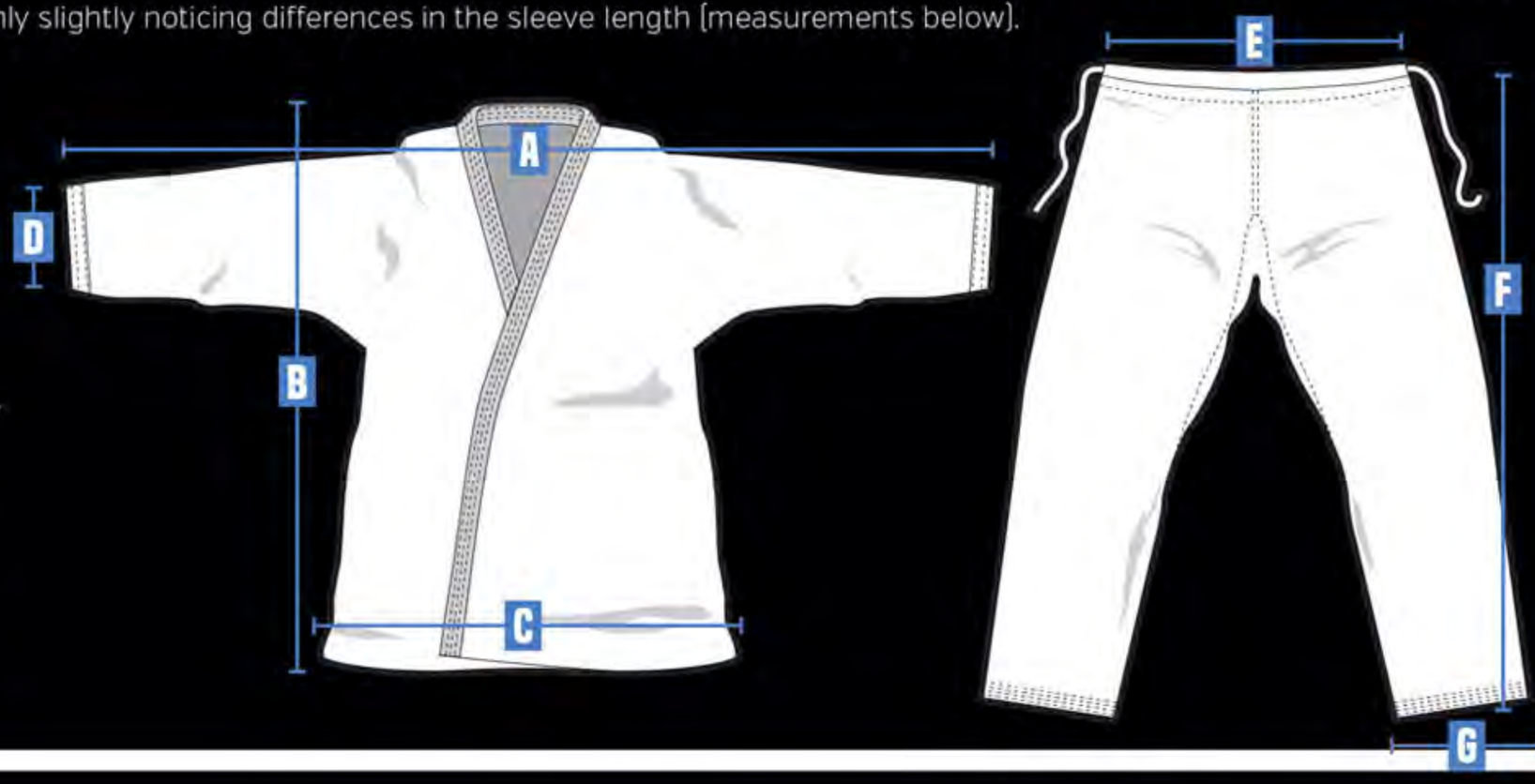
THE PANTS

The 8oz ripstop cotton pants are quite comfortable. I wouldn't mind lounging around in them. In fact, I think I just might! The light material is what you would expect from a competition gi. Like the jacket, the pants are breathable. The foam draw cord that we praised with the hemp gi is found on these pants as well. There is minimal branding on the pants. The interior cuff is lined for reinforcement. The knees are reinforced for a little added durability.

GEAR LAB

FIT AND FEEL

I'm 5'9" and about 170lbs and fall within the A2 range for the gi. Before washing the gi, it fit great and lined up exactly the way I would want a competition gi to fit. Best of all, the pants weren't baggy and cut well. I would say for a brand new gi, right out of the bag, it felt a bit small only because I expect all gis to shrink into place. Flow does mention that this gi experiences minimal shrinkage (<2%). After a couple washes, we did experience minimal shrinkage, only slightly noticing differences in the sleeve length (measurements below).



MEASUREMENTS

	BRAND NEW (A2)	AFTER 3 WASHES AT 40° C
A	64"	62"
B	31"	30"
C	23"	23"
D	7"	7"
E	21"	21"
F	38"	38"
G	8.5"	8"

ROLLING IN IT

Because the gi fit so well, rolling in it is awesome. Its fit makes it difficul for opponents to grab that extra fabric. This is especially true with the pants that hug the leg enough to kill additional fabric that your opponent might be able to grab onto, but it's also not tight enough to be uncomfortable. The way this gi forms to the body also helps for the more mobile jiu-jitsu player. The only time the drawstring seems to come undone are when I carelessly tie a half effort knot. So make sure you tie the cord correctly and keep the slack to a minimum. These pants are sized a bit slimmer than the pants from the Hemp Series. This could be a difference in the cut or the way the material shrinks.

Either way, I'd highly recommend taking a close look at the measurements and specs on the website before placing your order. Between A1 and A4, there are nine sizes to chose from including A1L, A2L, A2H and so on. Basically there's a perfect cut and size for every body type.

CONCLUSION

There are a ton of competition gis on the market. Of the gis that I've tested recently, this one is definitely in my top three. It hits all the right points and didn't fail on me in anyway. The only thing my wishlist would include that I've seen on other gis is maybe a jacket pocket that can house an ID or mouthguard. I enjoy minimal branding so I enjoy the look of this particular gi. Overall, the gi is perfect for competitors looking for a slimmer, lightweight gi. Flow continues to impress us as they make quality gis that look and feel great.

VERDICT

HIGHLIGHT & SPECS

- Lightweight and comfortable
- Available in Long and Husky Sizes
- Super soft ombed cotton
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VERDICT

Solid value with a long list of features

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VALUE	★★★★½
QUALITY	★★★★½
OVERALL	★★★★½

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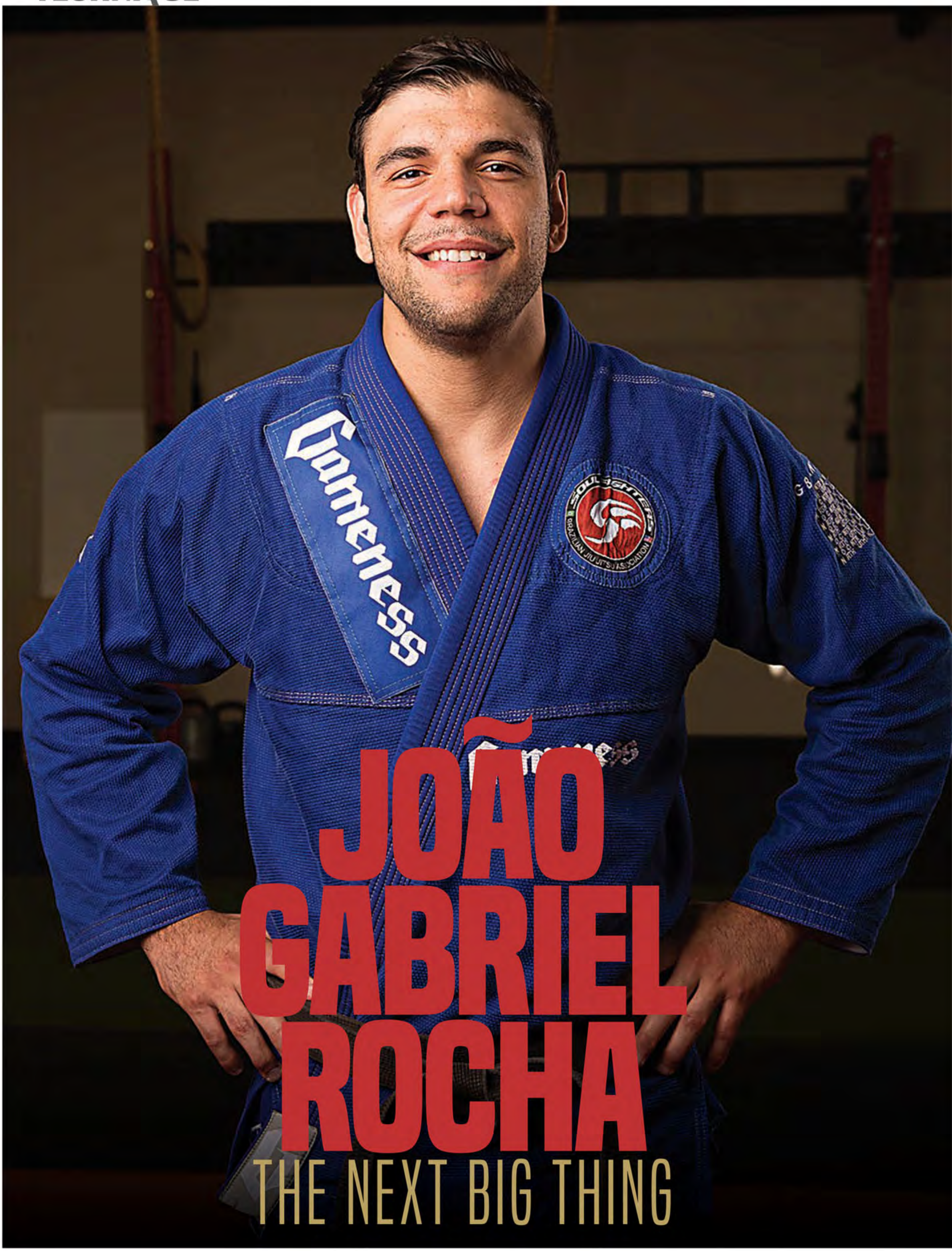


JOÃO GABRIEL ROCHA

THE NEXT BIG THING

WORDS: **MIKE VELEZ** | PHOTOS: **JASON BOULANGER**

IF YOU WERE TO WANDER INTO THE WALTER PYRAMID ON A SUNDAY AFTERNOON IN EARLY JUNE AND GLANCED DOWN AT THE MATS FROM THE CHEAP SEATS, YOU MIGHT THINK YOUR EYES WERE PLAYING TRICKS ON YOU. LOOKING DOWN ON THE MATS, IF YOU CAUGHT A GLIMPSE OF A HUGE SUPER HEAVYWEIGHT TOSSING AROUND ANOTHER GIANT, OR PLAYING A BIG MAN'S GAME WITH THE SPEED AND AGILITY OF A GAZELLE, YOU MIGHT THINK YOU WERE WATCHING A PARTICULARLY VERY WELL-KNOWN SUPER HEAVYWEIGHT. But you'd be wrong. You're witnessing, quite possibly, the next dominant super heavyweight that's sure to become a household name in the world of jiu-jitsu very soon. I'm talking about João Gabriel Rocha. Although he doesn't have a nickname yet, he's someone that so far in his jiu-jitsu career has managed to tap out or defeat nearly every big name he's met on the mats. He's defeated the likes of Felipe Pena, Tarsis Humphreys, Alexander Trans, Murilo Santana, Rodolfo Vieira, Abraham Marte, Yuri Simoes, Erberth Santos, Rafael Lovato...should I continue? You get the point. To this point, João's only nemesis is someone whom actually bears an eerie resemblance to him - Buchecha. The two have met three times in recent years with Buchecha getting the better of the match each time. Recently, the two met up in the semifinals at the 2016 World Championships. It was a hard fought match that looked as if Buchecha was in trouble at times. In the end, João lost by armbar. That might have been one of João's toughest battles yet, but off the mat, he's faced an even tougher opponent – cancer.

After putting on a dominant performance at the 2012 World Championships, winning both his weight and Absolute at Brown and later receiving his black belt, João discovered he had testicular cancer. Through hard work, determination, and those who look out for him, he's managed to pick up where he left ff, - at the top of the jiu-jitsu world.

Recently, we packed up the wagon and headed north to Watsonville, California to spend some time with João and his wife Gabi, to get to know him a little better and get the lowdown on some of his favorite techniques.

RAW DATA
Powered by BJJ Heros

FULL NAME: João Gabriel de Oliveira e Silva Rocha
NICKNAME: N/A

Lineage:
Mitsuyo Maeda > Carlos Gracie > Helio Gracie >Carlson Gracie > Crézio de Souza > André Almeida > Rafael Barbosa/Leandro Escobar > João Gabriel Rocha

MAIN ACHIEVEMENTS:
- World Champion (2012 Brown Belt Weight & Absolute, 2011 Brown, 2008 Junior Blue)
- Pan American Champion (2012 Brown)
- South American Champion (2011 Brown)
- Brazilian National Champion (2013 Black, 2012 Brown 2011 Brown Weight & Absolute, 2010 Purple/2009 Purple, 2008 Junior Blue)
- ADCC Silver Medalist (2013)
- World Silver Medalist (2015, 2012 Black, 2009 Purple, 2008 Junior Blue Absolute)
- World No Gi Silver Medal (2010 Brown)
- Brazilian National Silver Medal (2012 Brown)

FAVORITE TECHNIQUE: Well-Rounded
WEIGHT DIVISION: Super Pesado (up to 100kg/221lbs)
TEAM/ASSOCIATION: Soul Fighters

"I FOUND A SPECIALIST AND HE BEGAN DOING A BUNCH OF TESTS AND THEY DISCOVERED THAT I HAD TESTICULAR CANCER."

Back in 2012, I got my first glimpse of João winning everything as a brown belt, but it was his performance at the 2015 Worlds in the quarterfinals against Erberth Santos that left lasting impression on me. Every opportunity João had, he would get Erberth into a rear clinch and would perform a thunderous suplex type of takedown. This went on for almost half the match it seemed. In the end, João managed to sink in a rear naked choke. It was very exciting yet painful jiu-jitsu to watch. Almost a year later, I got to meet João and discover that he's one of the nicest most pleasant people you could ever meet. Oh sure, he'll choke you out in a heartbeat, but he'll do it with a smile.

Recently, João and his wife Gabi relocated from Brazil to California to train with the Soul Fighters crew with Cal Brazilian Jiu-Jitsu in Watsonville in the Bay Area. João's English is getting better by the day, but to help us with our interview and this article, another black belt to look out for, Manny Diaz, helped us out with the translation.

JJM: How old were you when you started in jiu-jitsu?
JGR: I don't remember. I was just a little kid. I can only tell you the story that my mom tells me. I was two years and eight months old.

JJM: So, how did that happen?
JGR: There was a man named Helio Vigio who came into the poor areas of Rio and would give classes to everyone. My dad lived in one of these areas and that's how my family got into jiu-jitsu. It was more of a defensive jiu-jitsu than what we practice today.

JJM: Now I hear you have a brother that's into wrestling?
JGR: My brother, my sister, and I got into jiu-jitsu all very young. We happen to live very close to a Tijuca Tennis Club-this is where many jiu-jitsu championships were held in Brazil. After a while, my brother decided his love was wrestling, and mine was jiu-jitsu. Today,he's pretty good, he just missed the Olympic team for Brazil. My dad pushed us pretty good to compete and be the best we could. My brother's super athletic. After that, he went on to play indoor futbol club. When we were 14, we all played water polo, and my brother became really good at that and he played on the junior Olympic team in water polo. He was the striker in futbol, and became the striker in water polo and in a year and a half made the national team.

JJM: Wow, are you glad that your brother didn't stay with jiu-jitsu?
JGR: [Laughs] He's actually a purple belt. The wrestling federation in Brazil was very close to where we grew up, so I think that's also the reason my brother went into wrestling after the different team sports.

JJM: How old were you when you received your black belt?
JGR: I got it when I was 21; I'm 25 now.

JJM: What's your immediate goal in jiu-jitsu right now?
JGR: I think the typical answer would be to be a World Champion at black belt. I've been training so long, and I've won the championship at other belts. If I win at black, that would be great, but jiu-jitsu is what gives me happiness. I'm happy right now with everything. I'd love to win another world championship, and open my own academy, but it's jiu-jitsu that makes me happy, everything about it.

JJM: Do you do any type of special mental preparation for big events?
JGR: No, [laughs] I've been competing for so long it's like habit and second nature to compete. My mental aspect has changed over the years, but I think I'm always prepared when I step on the mats. I think that comes from my dad. He was always pushing us to do well.

JJM: During our photo shoot, you had mentioned Bernardo (Faria) on one particular technique. Do you study videos of the guys in your division, coming up with solutions for them individually?
JGR: I don't focus too much on one particular person. If you do that you might come across someone that gives you a tougher time and you might not match up with who you thought. I try to work on everything but not be too specific. I wasn't being too serious when I mentioned Bernardo with that position. Same thing with the lapel thing and Keenan.

JJM: When was the last time you had to cut weight?
JGR: Oh, that was horrible. I weigh about 106/107 kilos [about 235lbs] right now. I would sometimes cut weight for Judo competitions. I'm a brown belt in Judo. But the last time was for Copa Podio when I was a brown belt. I had to cut about 14 lbs even though the weigh in was the day before the competition, it was horrible. It was one of the hardest things I've ever had to do. I'd rather keep fighting for a long time, doing those weight cuts is damaging to your body and I think one day it will catch up to those that do a lot of weight cuts. I'd rather just fight at the weight I'm at.

JJM: What's your favorite after competition meal?
JGR: You know, I like eating Brazilian BBQ, go figure. I actually eat pretty clean, my wife Gabi is a nutritionist. Up to the competition I eat very clean, but after, I'll eat anything [laughs].

JJM: What's been your best jiu-jitsu memory?
JGR: Definitely being able to come back after fighting cancer.

JJM: Tell us about that.
JGR: I received my black belt then soon after discovered I had cancer and had to take an entire year off for treatment.

JJM: How did you fin out you had cancer?
JGR: I was playing butterfly guard during training. There was a gap in the mats and my foot got caught in it. I was securing my partner's leg, there was some tension there, from the guard. I got a little off balance so I had to post my hand and had to let go of his leg. When I let go, he ended up accidently kicking me in the groin. I had a sharp pain, just like usual. I didn't think much of it. Except for a week it was uncomfortable. It didn't go away so I ended up going to the doctor. He gave me some medicine for the pain and told me it was nothing to worry about. I stopped taking the pain medication and then the pain came back. So I found a specialist and he began doing a bunch of tests and they discovered that I had testicular cancer. I fought my first Worlds at black belt and then found out.

JJM: How was the treatment and how are you now?
JGR: It was tough. I lost a lot of weight, lost my hair, I was a different person. Gabi was there for me the entire time. It was very difficult. whole mentality on life and jiu-jitsu has changed since then. I'm just happy to be back. This is my first full year after going through everything. Last year's Worlds, in 2015, I had just finished chemo a few months before. I had maybe two months at the most to train and I ended up getting silver against Bernardo [Faria]. I can't say that I'm cancer free, it hasn't been long enough, but it's gone for now; hopefully, it's gone for good.

JJM: Wow, well we're so glad you're doing better and know that you'll be training for a long time to come.
JGR: Thank you. I'm very happy and love every day.

João's game is described as being very well-rounded. With that in mind, he shows us a little bit of everything in this article, from a take down, passes, and finishes. No matter your size or belt rank, there's something valuable in here for everyone!

KNEE DROP SEOI NAGE

This is one of João's favorite takedowns and should be in every grappler's toolbox. In Judo, it's called a Seoi Nage; grapplers often call it a knee drop or knee drop Seoi Nage. The key is to keep your opponent moving around- if they're stiff or standing still they can stuff the attempt. Also, with practice this should be done in one fluid movement. If you pause at any point once you initiate the takedown, it could result in it getting stuffed.

STEP 1

João and Manny square up, each getting a grip of their same side collars. In this case, João's gripping Manny's right side collar with his left h nd, and Manny's gripping João's left side collar with his right hand.

KEY POINTS

Against a taller opponent, it's important that that first grip of the collar is never beyond a 90° angle; you never want to reach up to your opponent- straight across with your arm is better. Otherwise, you'll give them too much space to perform this exact technique.

STEP 2

João doesn't want to let Manny get a grip with his free hand so he uses his right hand to control Manny's grip, keeping it away.

STEP 3

João wants to keep Manny moving, so at this point there's some pushing and pulling going on. The idea is to keep his opponent off balance. To open up space, João might shoot his left leg in as if to go for a trip. This causes Manny to pull that lead leg away creating space for what's next.

STEP 4

After Manny has stepped back with his left foot, the space is open for João to next posture up, pulling Manny up with him by the gi.

STEP 5

While maintaining a grip of the collar with his left hand, João rotates his body to his left while dropping his right knee to the mat. This lowers his level while he shoots his right arm across Manny's body.

João keeps a slight bend at the waist to keep Manny from pulling back on him.

STEP 6

João continues his counter clockwise rotation by bring his left knee down to the mat. As he does this, he pulls down on Manny with both hands while leaning forward.

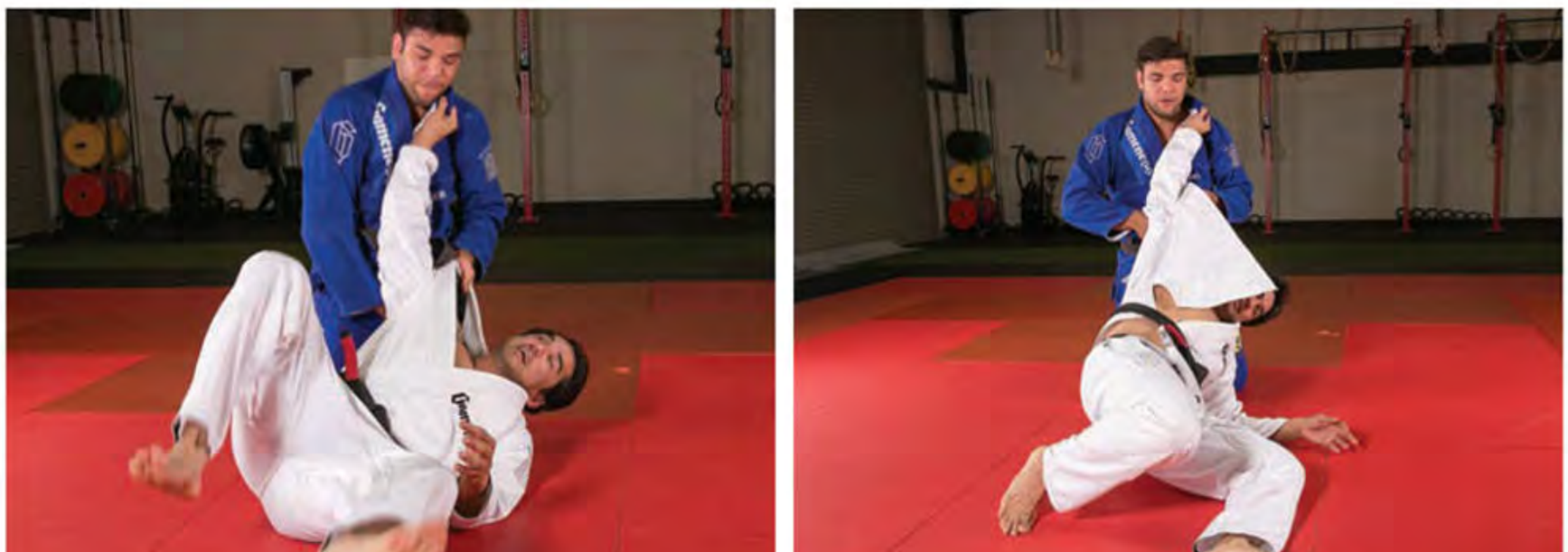
It's important to note how João is underneath Manny. If there's too much of a gap in distance between them, it will be much harder to complete the throw and easier for Manny to counter and potentially take his back.

STEP 7

João performs the throw by pulling Manny down over his shoulder as if he's doing a forceful crunch.

STEP 8

In the last step of the throw, João "whips" Manny's gi back up to force Manny to his side. It's like that motion you would do if you were trying to dry off a towel. João "cracks" the gi back up to get Manny to his side. If he were to allow him to lie flat there's the risk that Manny could recover his guard.



STEP 9

After getting Manny to his side, João rushes in to either go for the back, establish side control, or mount an attack.

PASS WITHOUT GRIPS

This is a pass that João will use if either his opponent has pulled guard and has failed to establish any grips, or João has taken him down and also failed to maintain control without either of them having any grips.

STEP 1

The first thing João wants to do is to make sure that one of his legs is between his opponent's and the other is outside. If João is standing between both legs, he'll use his hand to control one leg and step out.

STEP 2

João has his right leg out, and his left leg between Manny's legs. João leans forward to place his left hand on Manny's right hip. He doesn't grab any fabric, rather instead makes a "cup" with his hand and places it on his hip.

STEP 3

Now João wants to post his left hand to the mat above Manny's left shoulder but as far away as he can reach. This keeps Manny from being able to block.

STEP 4

As soon as João posts that hand, he's going to drop his right side down, dragging Manny's left leg to the mat. João ends up in, what looks like it will become, a knee slice pass.

Throughout this pass, it's important that João keeps his left elbow inside Manny's right thigh to block. Otherwise, he could get in a knee shield guard and have his pass prevented.

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STEP 5

From this position João has some options to pass; however, his favorite is to sweep his right arm under and behind Manny's head to cup Manny's right side armpit from behind.

STEP 6

Now João puts some pressure into Manny's face with a nice little crossface. Then he continues to slide his left knee up along Manny's side to pass his guard.

STEP 7

As soon as João has passed Manny's guard, he walks his knees and legs to his left, sort of like a leg drag. Now he can trap Manny's legs between his hip and arm and prevent Manny from recovering any sort of guard. João's completed the pass and can formulate an attack.

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DE LA RIVA GUARD PASS

This is a pass that João likes to use when he finds his opponent playing De La Riva guard.

STEP 1

Manny has João trapped in a De La Riva guard. The first thing João needs to do is place his left h nd on Manny's right knee to push down a little to relieve some pressure. He's not trying to peel off the hook, just put some pressure on the knee. At the same time he's gripping Manny's left p nt leg at the knee.

STEP 2

Now João does a wide step backward and across with his right foot, sort of like a pass you might see in soccer.

STEP 3

After the step, João bases out with his left h nd and falls to his left side, bringing Manny's right knee down to the mat as well.

STEP 4

Next, João is going to drop Manny's left leg to the mat by using that grip of the pants to "punch" his right arm down to the mat. This clears Manny's foot off João's arm.

STEP 5

João brings his left hand up to get ahold of Manny's right collar while at the same time blocking Manny's legs with his left elbow.

KEY POINTS

This also blocks Manny from being able to turn his hips back toward João.

STEP 6

Now João reaches over Manny with his right arm over Manny's shoulder to wrap up the seatbelt, bringing his hands together.

STEP 7

Prior to this point, the control of the collar and blocking of the hips meant that the only option for Manny to move to would be to try and go to a turtle position. Had he stayed on his right side, he'd be vulnerable for many attacks. But with the seatbelt in place, João is thinking about getting the back. From here, he steps his left leg over Manny's right leg just enough to pull it back so that he can get his right hook in on Manny's right thigh.

STEP 8

João hip escapes away from Manny to give space so that he can use his seatbelt to pull Manny down in front of him.

STEP 9

The second hook comes up and over, and João has taken Manny's back from what originally started out as Manny having João in DLR guard. He can even get in a choke if he likes as shown.

BACK & FORTH HALF-GUARD PASS

This is a pass that João came up with while training for this year's Worlds (2016). Typically in a half-guard situation, both the person on the top and the person on the bottom wants to get the nearside underhook. This is a pass that João likes if his opponent has the advantage of the underhook.

STEP 1

João is stuck in Manny's half-guard. They fight for the underhook, but Manny gets it.

STEP 2

João bases out with both hands and leans into Manny.

STEP 3

He continues leaning into Manny and does a big back step with his right leg to pass behind Manny. This puts them into what's called an Inverted Half-Guard.

João doesn't sit down on his butt here- he's pushing off with his right foot underneath him so that he can lunge forward in case Manny were to try and sweep him.

STEP 4

From this inverted half-guard position, a space is created between João and Manny's underhook. João puts his left hand through that gap under Manny's armpit and posts on the mat.

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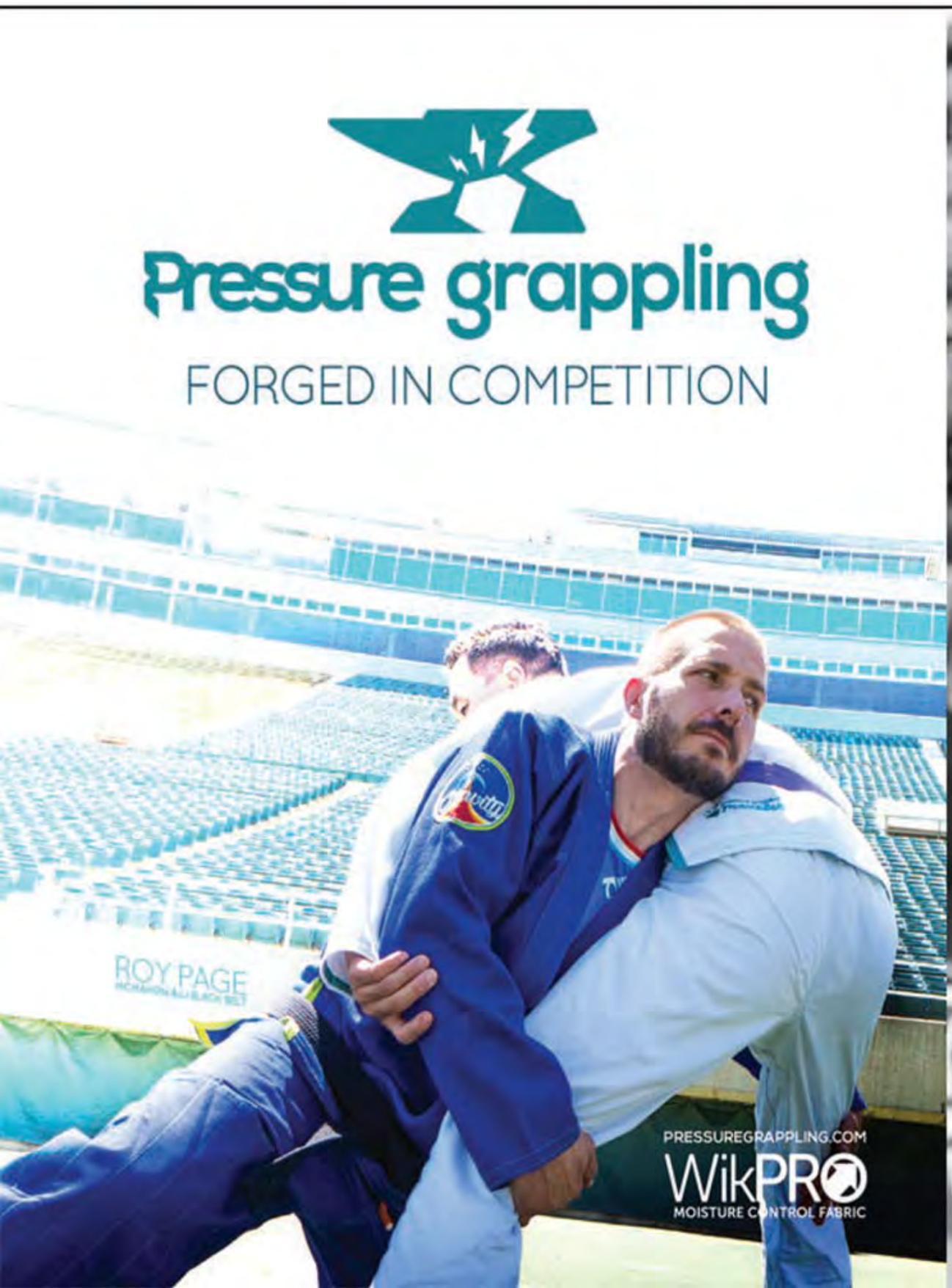
STEP 5

Now João steps his right leg back over Manny to get back into the original half-guard position only this time, he steps that right leg far out and now has the underhook.

STEP 6

João brings his right hand and arm under and behind Manny's head, brings his hands together and can drive his shoulder into Manny's face. This forces Manny to look to his right. This twisting of the torso makes it difficult for Manny to hang onto that leg. Eventually João is able to knee slice through to pass.



STEP 7

Once João has passed, he slides his left knee against Manny's hip and leg to move into side control. From there he can plan his attack.

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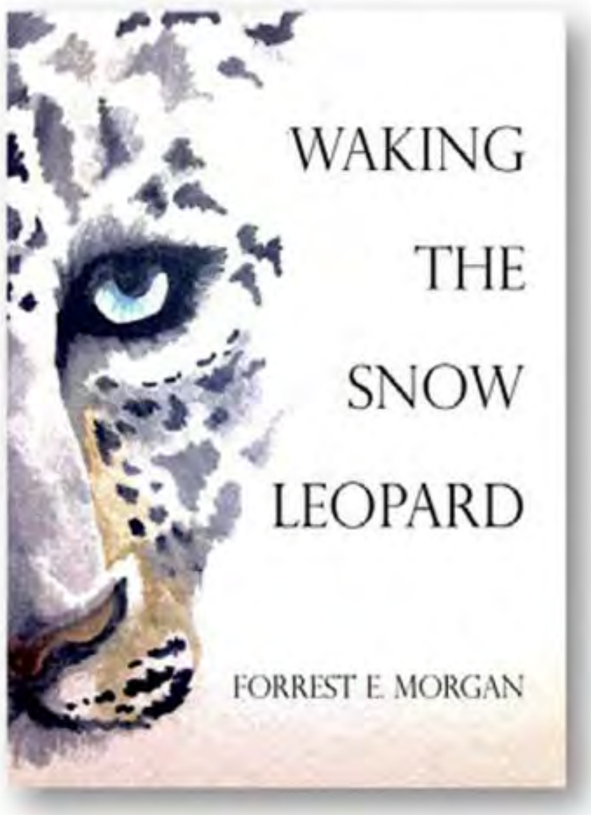

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CHOKE SEQUENCE FROM THE BACK

João's favorite position to finish from is the back. In a perfect match, he would get to his opponent's back and finish from there. Once he takes the back, João doesn't like to waste time. Giving an opponent too much time to figure out an escape is dangerous, especially when the clock is ticking.

STEP 1

Once João has taken the back, he likes to get a grip of the collar by bringing his right arm over Manny's shoulder and getting a thumb in grip of his left collar. Sometimes he'll use his left hand to feed the collar to the right.

KEY POINTS

Ideally João wants to get his grip on the collar as high as he can, but that's not as important as getting that grip to begin with. Don't waste time trying to get the ideal grip position, just get the grip.

STEP 2

As soon as the collar is secure, João wants to grab on to Manny's left hand to keep him from defending the choke.

STEP 3

João departs a bit from standard school of thought when he has the back. After he gets the points for taking the back, he'll unhook his right foot and bring it to the mat. This gives him some mobility and freedom to move his hips.

STEP 4

Now João scoots his hips to his left slightly and pulls Manny down to his right side.

STEP 5

To keep Manny from escaping or attempting to recover a half-guard, João brings his right leg over Manny's right shoulder. Once his leg is over, he puts downward pressure on that shoulder to keep Manny from getting away. From here, João can finish by pulling his right grip of the collar across Manny's neck.

STEP 6

Let's say Manny is able to grab onto João's right sleeve and is strong enough to keep him from being able to finish the choke. In this case, João releases his grip of Manny's left hand, slides his left hand behind Manny's neck, and straightens his left hand with the outside blade of his hand against the back of Manny's neck to finish.

ARMBAR FROM CHOKE ATTEMPT

Now let's say Manny just won't quit, which is plausible because he's a pretty tough dude. João's in the perfect transition to attack Manny's left arm.

STEP 1

The choke is not working. João let's go of the collar and begins sliding his left arm up along Manny's right arm to stretch it out.

STEP 2

Now João brings his left leg up off of Manny's stomach and behind his head. Now João's left leg and arm are both wrapped around Manny's outstretched left arm.

STEP 3

From the final position, in the previous step, it's possible but difficult for João to finish the armbar. He would have to bring the arm across and re-secure things. So instead, he stretches out his right leg and escapes his hips to his right.

STEP 4

Finally, João passes his right leg over and across Manny's head and brings both arms over to the trapped arm to finish by pressing his hips forward, finishing with the armbar.

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KNEEBAR IN LAPEL GUARD

If Keenan and João ever meet up in competition, this is the one João's going for. If Keenan has an answer for it, then that means Keenan has renewed his subscription to JJM. It's a sneaky kneebar that's done while being inside an opponent's lapel guard.

STEP 1

Manny has opened up João's left side lapel and has that lapel wrapped around his right leg to keep João in a trapped position.

STEP 2

João uses his right arm to push Manny's left knee down to the mat. It might feel strange since the natural tendency is to use your right hand instead.

STEP 3

João rises to both feet and brings his left leg over and across Manny's body to a north/south position. João continues this move until his left knee is between Manny's legs.

STEP 4

Manny's lower leg is trapped underneath João's left armpit, all João has to do to finish is to straighten out his body to hyperextend the knee and get the kneebar.

This will not work when starting from standing in lapel guard. You must lower your level in order for this to work.

When practicing this one, go slow, your weight alone can be enough to hyperextend the knee.

ADVICE FOR NEW REFEREES

WORDS: **DAVID "SILVERFOX" KARCHMER**

CONGRATULATIONS! YOU'VE MADE THE LEAP AND DECIDED TO BECOME A REFEREE. You've certainly read the rules and maybe even taken a certification course. Unfortunately, that is where most referee training ends. Even if you get more elaborate training, usually, important skills like ring control, commands, error correction, and customer service are not taught. This can leave new referees unprepared for a good portion of their responsibilities.

Here's a list of advice that can help fill in the early knowledge gaps for new referees. This advice may not align to every organization you might work for, but they do offer insight into some of the critical skills you will need to develop to handle situations you may encounter.

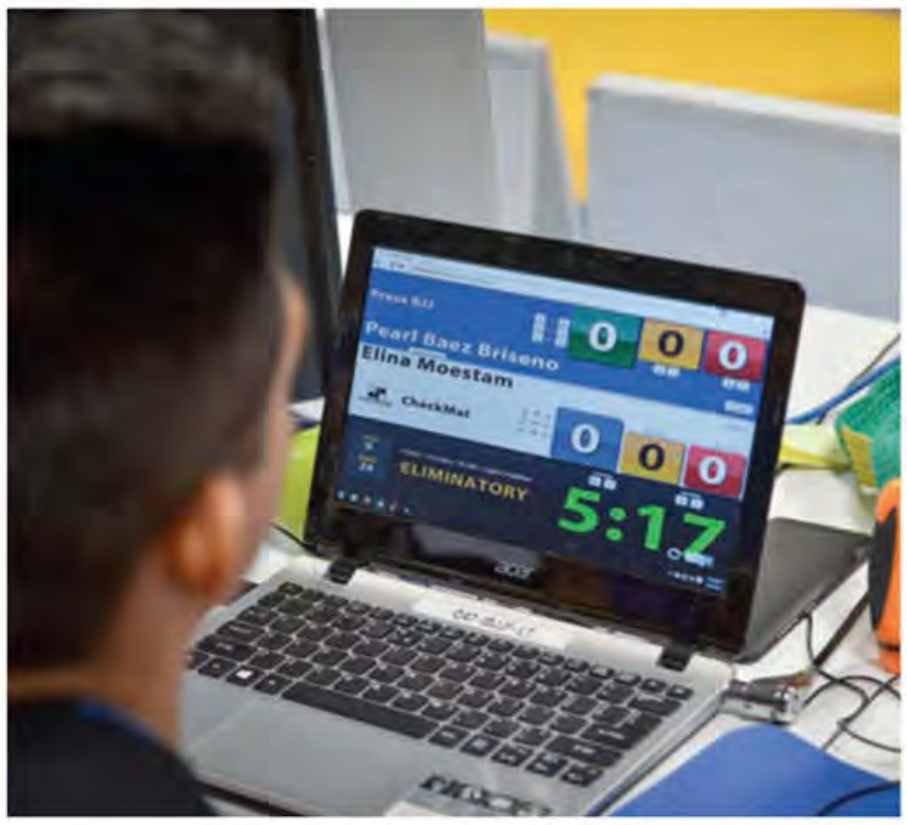
Refereeing is a job, so be a good employee

– Remember that refereeing is a paid position, and you work for a boss and a company. Be on time, listen to what you're told, and always try to do a good job. Complain to your mommy when you get home. If you're with an organization that doesn't make you happy or feel comfortable, you don't like the pay, or hate who you're working for, then look elsewhere and don't let your dissatisfaction impact your time on the mat with competitors.

Make sure you and your table working are 'in sync' before you get started. Never assume the table workers are prepared for their task, even if they've been 'trained'. Talk everything through before your first match, since sometimes table workers have zero experience and may not even understand grappling. Politely correct as you go as it may be a learning experience for them too.

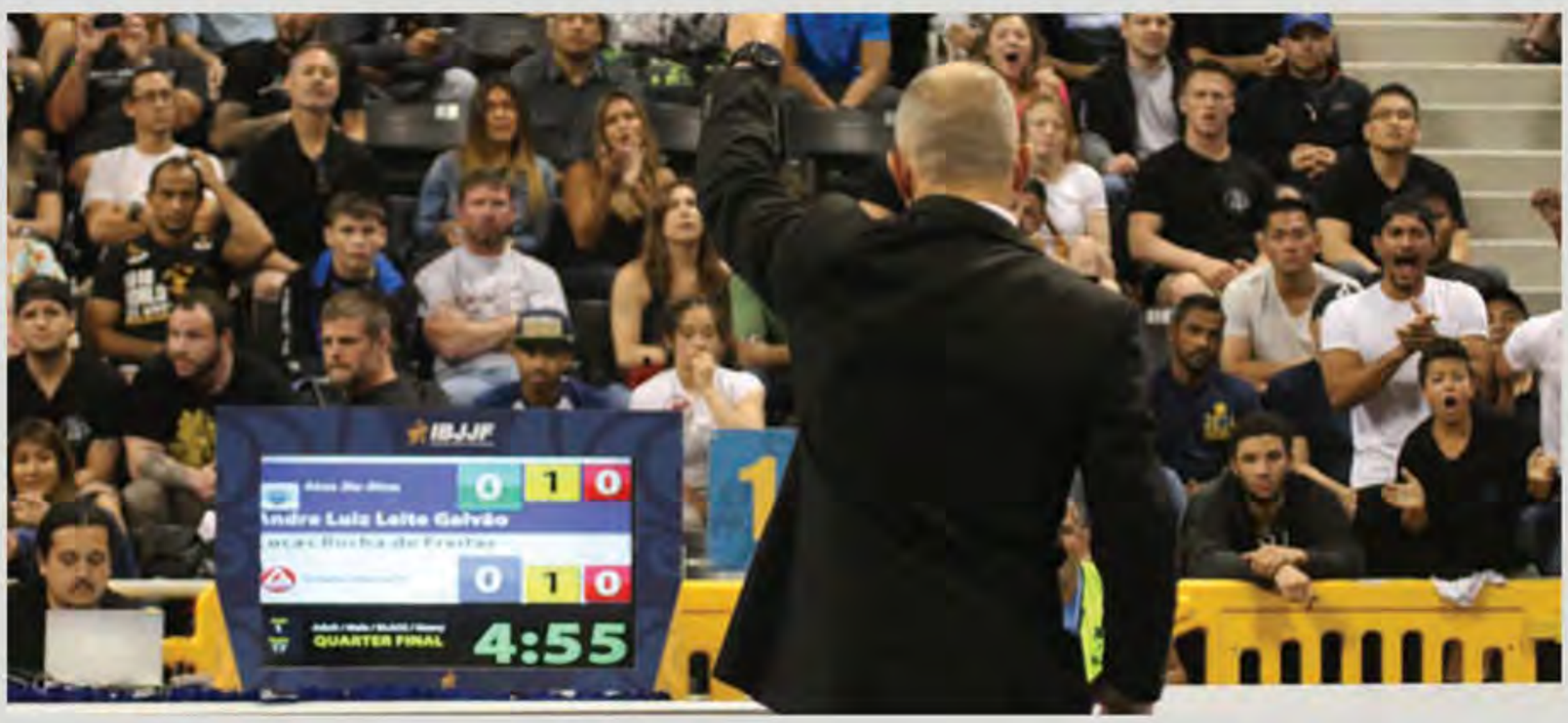
Don't let anyone interrupt your table workers during the match. Your table has to be focused on you 100% of the time. Sometimes the table is being worked by someone who would rather be texting his/her significant other or watch the match in the next ring. It's recommended you instruct your table to not even watch the competitors and focus on you the whole match. People bothering the table during the match (usually about brackets) are not going to help you maintain accuracy. Instruct them to politely put someone off until after the match or have them refer the person to speak with you instead.

Double check the duration and rules for each division. Sometimes you jump from one division to another. Sometimes the long day makes things blur together. Take the time before each match to make sure you know the correct duration and rules for the particular match you are doing and that your table is on the same page before you start.



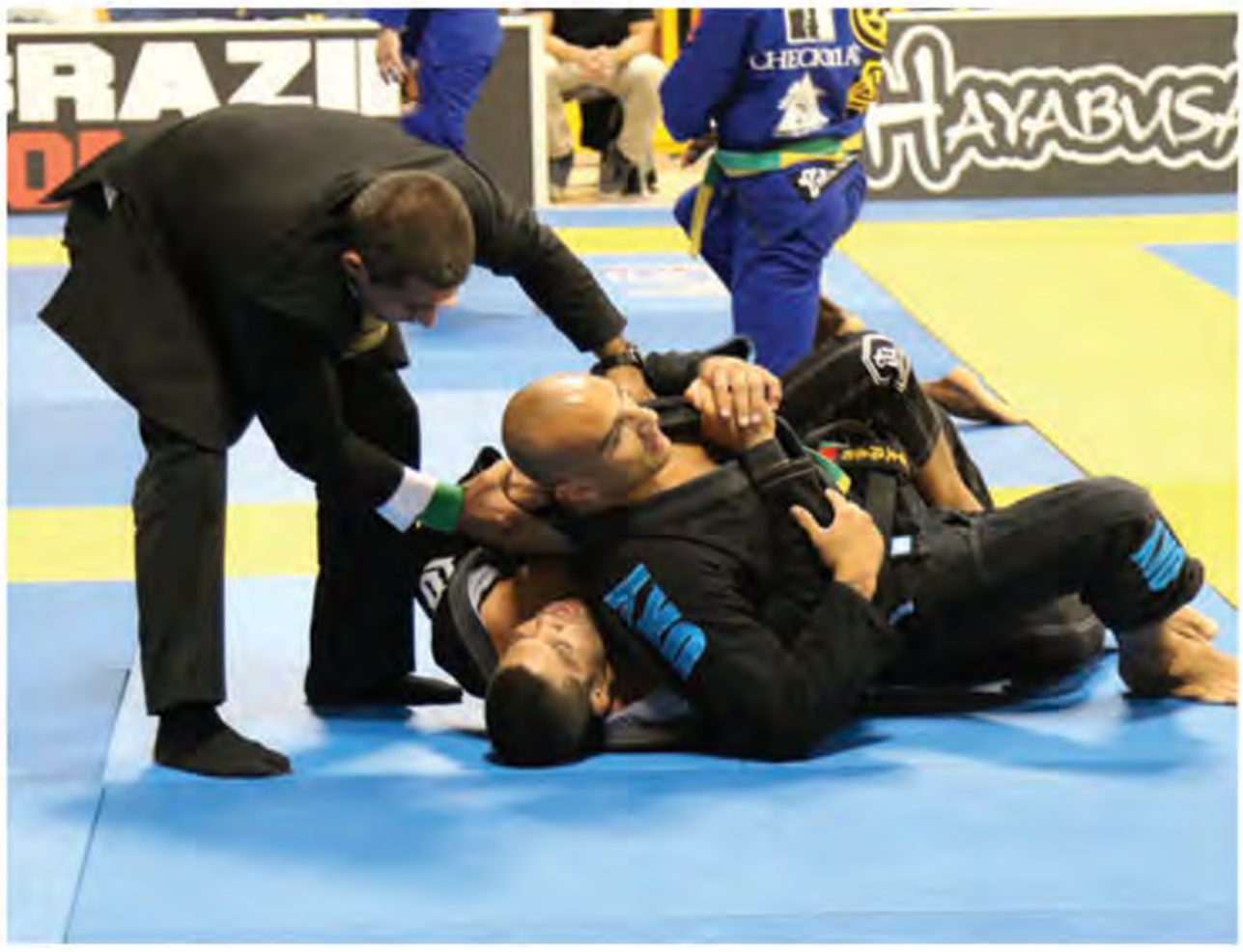
Look at your scoreboard often, especially if it has time left on it.

You have to make sure that the table is conveying your hand signals to the scoreboard correctly, and if they are keeping time, make sure the clock is moving or stopped as you expect. This will help you recognize and undo mistakes early.



At minimum, ask the competitors if they have any questions before the match. This will help avoid the "I didn't know" song and dance afterwards where you can point to the opportunity that you gave them before the match. I recommend giving a 30 second overview of the rules unique to their division and how you run your ring, but it's your preference or tournament guidelines.

Learn to recognize neutral positions that are good times to move competitors away from the edge of the mat. Of course you want to be minimally disruptive during the match, but if people are on the edge, stop them before action sends them out of bounds. Selecting the appropriate time to stop and restart matches will minimize positions and scenarios that are complicated to recreate.



Don't be afraid to correct a mistake immediately during the match. Try to find a safe time to correct the scoreboard while not missing the action. It is much better to do so during the match then to correct at the conclusion or ignore your error completely.

Avoid providing explanations during the match. Sure, the coach is screaming at you about a call, but if you are confident in your scoring, politely signal to him you will address it later. If you lose focus on the action, you may compound the situation by being taken out of your game and possibly make mistakes.

Don't be afraid to defer advanced divisions to your experienced peers. If you're an inexperienced purple belt and you get assigned an advanced division or a black belt match, check with one of your experienced peers and see if he will take the division or step in for you. Don't feel obligated to get in over your head.

Remember your commands and hand signals are not just for you and the table workers.

People are watching from across the room, coaches are sitting at mat side, and people are videotaping for posterity and YouTube. Everyone wants to know and understand what you are doing, so be clear with hand signals and be loud and obvious with commands. Feel free to raise your hand with two fingers and say, "Two points blue – sweep". This is a spectator sport so remember others are watching and need to know what you are doing during the match. This clarity exudes confidence and helps demonstrate you are knowledgeable and in control.

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Don't stand back and fold your arms during takedowns or submission attempts. You need to be ready to act when fighters are heading out of bounds on their feet or if there is a near submission. Folding your arms shows the wrong posture for a referee at a time when you may need to react quickly. Have your hands free and ready to address any needs during those critical times.

Understand that chatter from the background can be helpful. It's easy to say you should block it all out, but it's not necessary to. Coaches and spectators are constantly trying to manipulate you with comments, but it doesn't mean that what they are saying is necessarily wrong. Don't be afraid to use outside information to help you shape your own decision, as correctly to the rules as possible.

If there is any negative discussion after a match, don't take it personally and just politely refer it to the tournament promoter or proper tournament authority. Most tournaments stick by referees' decisions and avoid the dreaded do-over, right or wrong. Don't look at videotape and get sucked into discussions about reversing decisions. Let the tournament director do customer service after the fact and handle any bad feelings from competitors or coaches.

Consistency is king.

The key is to treat every match and every competitor the same. Use the same methods, the same process, and the same manner for everyone regardless of rank and notoriety. If you don't, people will notice differences between matches and may assume your lack of consistency is bias.

Enjoy the opportunity to get paid to watch jiu-jitsu

– A referee has the best seat in the house to watch live grappling, so enjoy it. Not only is competitive jiu jitsu fun to watch, but it's also educational. By watching live rolling, you can better understand things that work and don't work, learn to recognize things done correctly or improperly, and just have an opportunity to use a learning experience for your own game.

The author was awarded his black belt in Brazilian Jiu-Jitsu in June 2012 and has been training for more than 16 years. His martial arts background includes a black belt in Tae Kwon Do, which he received in 1993. His jiu-jitsu journey began at Gracie Thornwood, NY in 1999 after he took a seminar with Royce Gracie and became hooked on the art.

In addition to training and instructing, David has focused the last eight years on officiating appling competitions and has offici ed more than 3,000 gi and no-gi matches at over 65 events for multiple organizations. He was a previous head referee at Grapplers Quest, is the current head referee at FIVE Grappling and Copa NoVA tournaments, and routinely offici es events in North America. Visit his officiatin website ***thegrapplingreferee.com***

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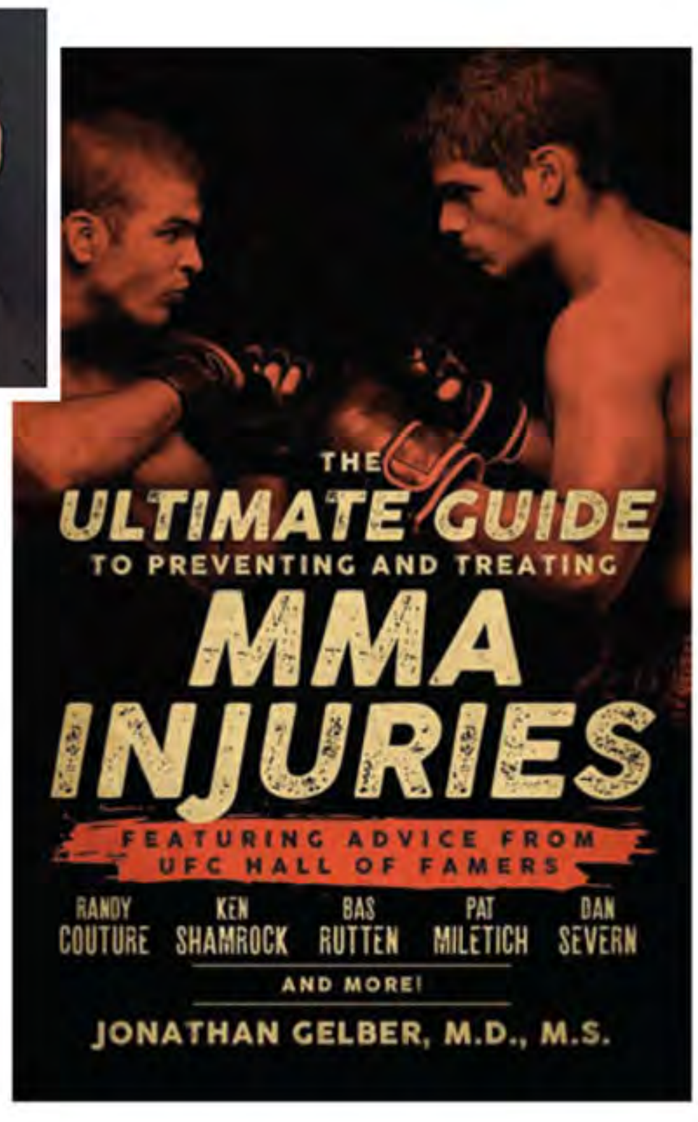
THE ULTIMATE GUIDE TO PREVENTING AND TREATING KNEE INJURIES

WORDS **DR JONATHAN GELBER, M.D., M.S.**

Excerpted from The Ultimate Guide to Preventing and Treating MMA Injuries © Jonathan Gelber, 2016. Published by ECW Press, ecwpress.com.

IF YOU'VE BEEN READING JIU-JITSU MAGAZINE FOR ANY LENGTH OF TIME, YOU MIGHT RECOGNIZE THE NAME DR. JONATHAN GELBER, M.D., M.S. Dr. Gelber has been a contributor to the magazine and is not only a practicing physician, he's a grappler as well. When he's not rolling or treating patients, he's writing. Recently, he released his first book, The Ultimate Guide To Preventing and Treating MMA Injuries. We received an advanced copy and were floored at how much great information it contains on just what the title says: preventing and treating injuries. Dr. Gelber seamlessly moves between hardcore medical advice and stories on practical experiences with MMA legends like Randy Couture, Ken Shamrock, Bas Rutten, Pat Miletich, Dan Severn, and many more. Even though the focus of the book is on MMA injuries, almost every chapter is easily applicable to grappling and jiu-jitsu. In fact, Chapter 4, the chapter on knee injuries, was so comprehensive and applicable to grappling, we asked Dr. Gelber to extract some of the best information in that chapter to share with you here in the magazine. What you're about to read isn't even half of the chapter, but I think you'll discover that it's a ton of great information that will help keep you rolling for years to come. We've tried not to change very much at all from the way it was written and published in the book.

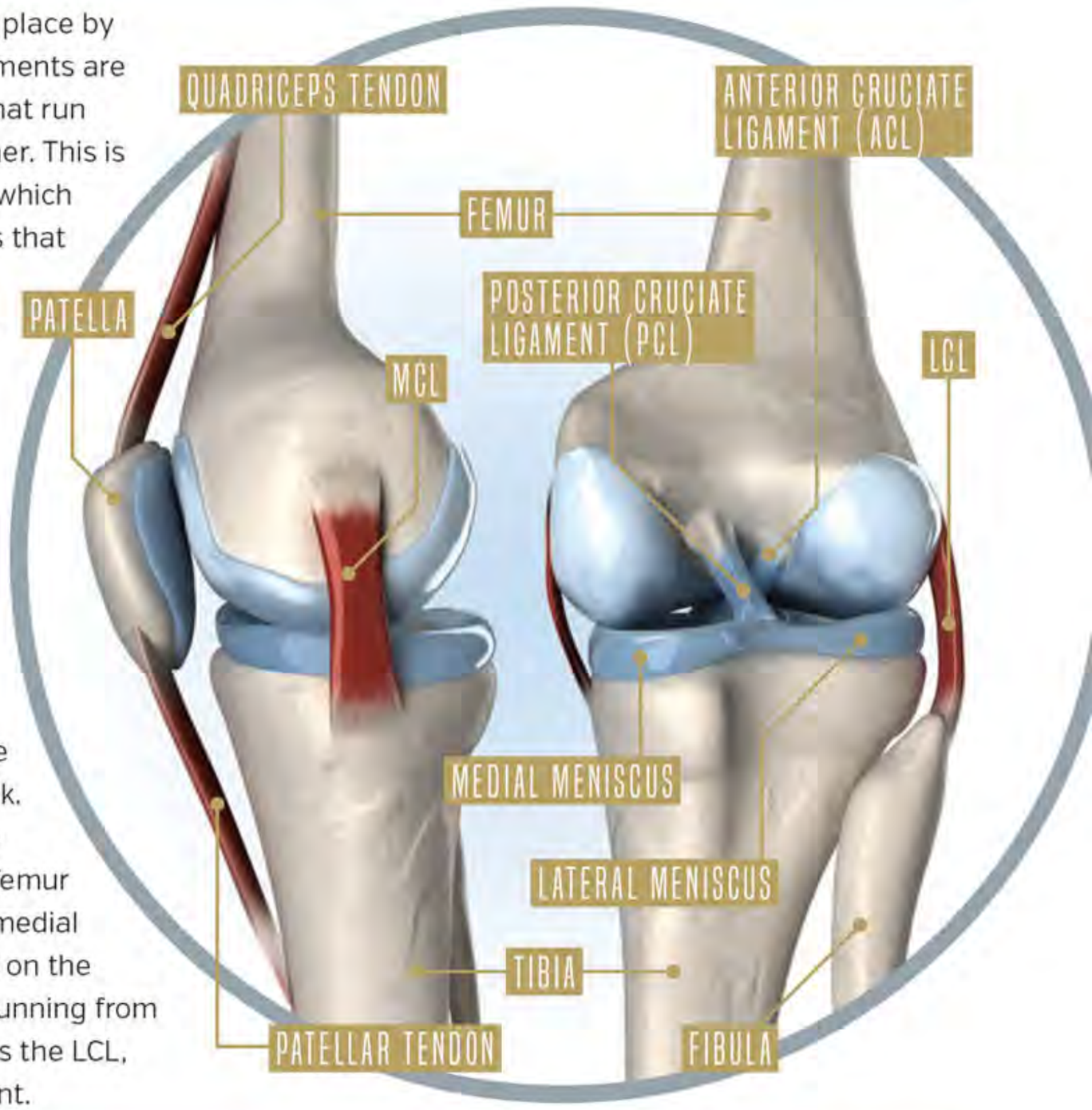


KNEE ANATOMY

Understanding the anatomy of the knee is important to understanding its injuries. The knee is composed of the femur [thigh bone], tibia [shin bone], and patella [kneecap]. As the connection between the femur and tibia, the knee acts as a hinge allowing the leg to bend. The knee can experience considerable stress when changing levels and shooting in for a takedown, snapping a kick, or quickly moving out of the way of an opponent's attack.

The femur has two rounded ends that rest on top of the tibia. Since the top of the tibia is relatively flat, the body has adapted to create two semi-circular cushions of cartilage called the menisci [plural for meniscus]. The menisci help the femur fit into the tibia as well as provide stability and act as shock absorbers in the knee, distributing force and protecting the surface cartilage from damage.

The knee is also held in place by several ligaments. Ligaments are soft-tissue structures that run from one bone to another. This is in contrast to tendons, which are the ends of muscles that thicken and insert into bones to allow them to pull. Within the center of the knee are two ligaments that cross each other ("cruciate" meaning crossing). The ACL, or anterior [front] cruciate ligament, lies in front, and the PCL, or posterior [back] cruciate ligament, lies in the back. On the inner side of the knee running from the femur to the tibia is the MCL, medial collateral ligament, and on the outer side of the knee running from the femur to the fibula is the LCL, lateral collateral ligament.



ACL INJURIES

How the ACL Tears

The ACL acts to prevent the tibia from moving forward away from the femur and helps prevent the knee from buckling during sudden changes in direction such as cutting, twisting, or even kicking. The ACL can be injured when one part of the knee suddenly rotates quicker than the other, such as when it is grabbed and twisted during grappling or when a fighter quickly pivots with a planted foot to kick or change direction. In addition, the ACL can also be injured when a fighter's knee is hit from the side, similar to when a football player hits someone's knee during a tackle. In fact, since MMA and grappling have so many facets, the injuries an MMA fighter or grappler sees arches across many sports. ACL injuries are more common in sports such as football where players often need to suddenly stop and change direction.

ACL Reconstruction

Like all ligaments, the ACL can either be sprained [partial tear] or ruptured [completely torn]. When the ACL is ruptured, the athlete may often hear a "pop" and then experience quick pain and swelling of the knee. They can tell pretty soon something is wrong with their knee and will feel a sense of instability. Complete tears will require surgery to continue participating in sports that require sudden directional changes. A complete tear of the ACL cannot heal on its own, so the surgery is referred to as an ACL "reconstruction," which means replacing it with a new ACL graft. Di erent surgeons and different athletes prefer different types of grafts to reconstruct the ACL.

Deciding which ACL graft to use is a topic that has been, and will likely continue to be, hotly debated by surgeons. Large-scale studies have shown that there is likely no difference in re-tear rates

between your own hamstring and patellar tendon grafts, but b th of these tend to do better than cadaver grafts sin e they are your own tissue. You can feel your patellar tendon if you bend your knee and feel the front of your leg, just below your kneecap. When a patellar tendon graft is used, a piece of bone is taken out of the patella and another piece is taken from your tibia with a strand of patellar tendon in between. This graft is thought to have the best chance of healing, since it has bone on the ends, which the hamstring graft does n t. Unfortunately, a side effect may be pain when kneeling down, something grapplers do all the time.

The third option is to use a cadaver ligament. This is the option that Marcus "Buchecha" Almeida went with after his knee injury at the 2015 Worlds. This method avoids all the pain of harvesting the graft from your own body (which can be the most painful part of the surgery) and may make your rehab easier. The downside is that there is a risk of disease transmission, although this is significantly lower than in past decades. Since it's not your own tissue, it may not be the best choice for a younger, elite athlete and some studies have shown it can be four times more likely to fail.

Don't Rush The Return

Despite excellent outcomes from ACL surgeries, many athletes who have already had an ACL tear will experience another one. A systematic review of studies has shown that within five years of surgery, about 6% of athletes will tear their same ACL and around 12% will tear their other ACL. Many of these re-tears within the first year happen because the athlete isn't fully rehabbed from their knee surgery. Often, they are still favoring their other knee and have limited balance on their operative knee. In fact, one study showed there is an equal (3%) chance of tearing the ACL in either the reconstructed or the "good" knee within just two years of surgery. It's important, especially with a big surgery like ACL reconstruction, to give yourself the full recovery time, even if it takes more than a year. The risk of a second surgery, being out even longer, and making your knee worse is not worth the risk of dangerously shortening your rehab period.

» THE IMPORTANCE OF MUSCULAR STABILITY «

Some MMA athletes have actually been able to avoid surgery during their career by focusing on strengthening the large muscle groups around the knee and working on dynamic (active movement) stability such as plyometrics. If these muscle groups can prevent the athlete from experiencing the "giving way" feeling associated with a ruptured ACL, then reconstruction may not be necessary. Most surgeons, however, will argue that reconstructing the ACL will thwart further irreparable cartilage and meniscus damage. Furthermore, the athlete may not be able to perform at his peak if the knee isn't 100% stable. This is a significant discussion an athlete should have with his or her doctor.

Former UFC Light Heavyweight Champion Frank Shamrock avoided ACL reconstruction during his career, but not without some limitation: "My biggest knee injury was training for Phil Baroni in 2007 for an event co-promoted by Strikeforce and EliteXC. I was sparring a judo guy and he swept me and I couldn't walk for a week. The pain and swelling were severe. I tore my ACL. I saw three doctors and they all told me to do the rehab first and then do the surgery, so we could cut the rehab time in half. Rehab was challenging. At three months my knee was stable enough that I could fully train, so the doctor told me I had the option to avoid surgery."

Shamrock continues, "We focused heavily on balancing, building hamstrings, and loosening up the hip and calves so the knee stayed relaxed. It only bothered me during tennis. I fought about twice more without an ACL. However, it did affect my fighting. It affected my ability to shoot in and close the distance and also to step in and create power. I had to move forward at a more measured pace."

If you do roll with a brace make sure it doesn't have any hard parts that might cause injury.

BRACE YOURSELF?

Braces can support an injured knee, although sometimes they cannot withstand the forces generated by professional athletes during competition. There are many pictures out there that show a bent brace following a collision between NFL players. Braces come in several functional styles. The compression-sleeve braces help keep the knee warm and remind the athlete to focus on good form, but don't actually provide any mechanical stability. Hinged braces can help athletes recovering from ligament injuries feel more stable, but there is little evidence they do anything for actual injury prevention during competition. One study showed braces helped protect the MCL of football defensive players, but other than that, it seems they are more of a mental support for the athlete. Frank Shamrock would use his brace to keep his knee warm. However, the master of mind games that he is, he often would put it on the uninjured knee to distract his opponent's attention!

» MCL AND LCL INJURIES «

On either side of the knee are the collateral ligaments: the MCL, medial (inner) collateral ligament, and LCL, lateral (outer) collateral ligament. These collateral ligaments are important in stabilizing the knee when a force is directed from either the inside or outside of the knee. If the knee is hit from the outside aspect of the knee, such as someone diving in for a tackle, the LCL compresses and the MCL stretches, making the MCL the important stabilizer of the knee at that moment. The opposite is true if the knee is hit from a force on the inner side of the knee and directed laterally; there, the LCL becomes tight and acts as the stabilizing ligament. The MCL and LCL can also be injured during grappling, when the knee is forced to bend at an awkward angle.

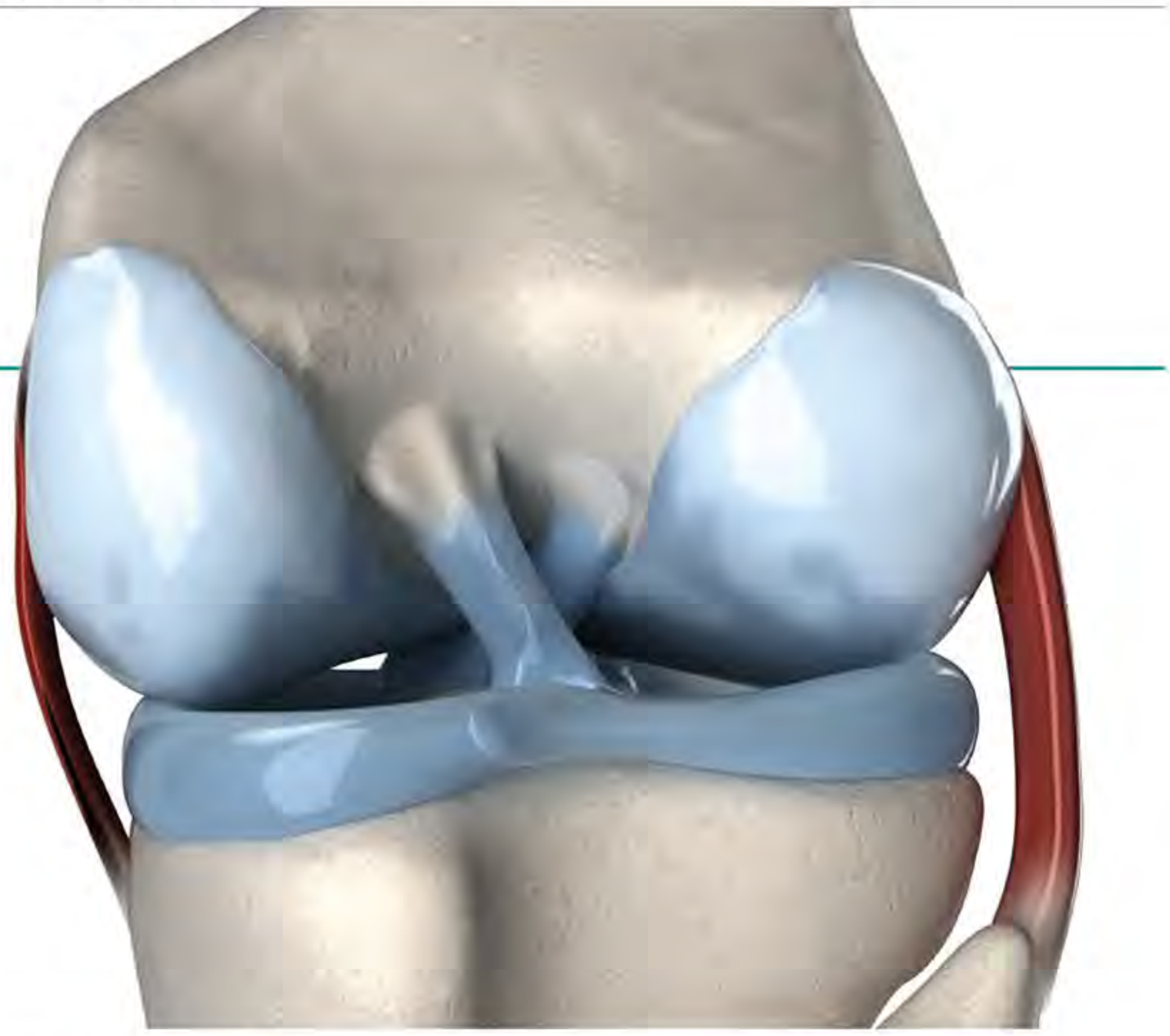
When the MCL is injured, it is usually sprained, in which some of the fibers stretch or break, but the ligament is not completely ruptured. This usually heals in a matter of weeks. If, however, the MCL completely ruptures, it can still heal on its own because it is enclosed in a sheath and can form a clot that allows reparative cells to lay down new tissue. It is for this reason the MCL rarely requires reparative surgery.

The LCL, however, is rarely injured in an isolated incident, although it can certainly happen in MMA. Usually the LCL is injured in a very high-impact injury, such as a car accident, and involves several other structures on the posterior and lateral side of the knee (a posterolateral injury), which can often involve the PCL. Again, like the MCL, it is more commonly sprained than completely ruptured and can usually heal on its own without surgery. However, surgery may be necessary if there is a multi-ligament injury involving the LCL/posterolateral corner and either the ACL or PCL, part of the LCL has pulled off with a fixable piece of bone, or when the knee is rotationally unstable.

PCL INJURIES

Posterior Cruciate Ligaments (PCL) injuries are rare in sports, but are more common in mixed martial arts than in other sports. The PCL is usually injured when a significant force pushes the tibia backwards relative to the femur. In a motor vehicle accident, this may be referred to as a "dashboard injury" as a person hits the dashboard with their knee, driving the tibia backwards. In jiu-jitsu, when a fighter shoots in towards an opponent, they often drive one or both of their own bent knees onto the mat, putting a backwards force onto the knee, stressing the PCL. Usually, the PCL is just sprained, but repeated sprains or one large force may result in a complete rupture of the PCL. If the PCL is completely ruptured, it may be reconstructed similar to an ACL, but usually it is treated with only rehabilitation, focusing on the quadriceps. Since the job of the PCL is to keep the tibia from moving backwards, strengthening the quadriceps can bring the tibia forward and help avoid PCL surgery. If a fighter continues to have instability despite proper rehabilitation, then a surgery can be offered.

MENISCUS INJURIES



One of the most overlooked, but perhaps most important, injuries related to a fighter's career is a meniscus injury. The meniscus acts as a shock distributor in the knee, but when it is torn, it can cause pain and result in other parts of the knee, such as the articular cartilage (joint cartilage on the bone), being damaged. Meniscus tears can be either simple or complex. If the meniscus tear is simple, it usually happened from a particular injury, as opposed to complex tears, which result from degeneration over time or repeated injury. Simple meniscus tears that occur in the outer third of the meniscus ring where the blood supply is best are candidates for repair with suture devices. All the other types of meniscus tears are usually shaved down to a smooth rim to prevent the torn flaps from catching within the knee and causing pain and mechanical locking.

UFC Welterweight Champion and Renzo Grazie Black Belt, Matt Serra suffered a torn meniscus, but under the guidance of his doctor, he was able to avoid surgery and rehab his way back into the Octagon and to a historic title shot. "I tore my meniscus around 2006 while rolling jiu-jitsu. My ankle went in towards my chest and I felt a pain in my knee. I had torn my meniscus. Fortunately, my meniscus tear didn't need surgery. I worked on strengthening my knee and the muscles around it under the direction of my doctor and rehabbed it properly and got through it.

"Shortly after I got hurt, I got a call from the UFC for a fight against Karo Parisyan, who had just beaten Shonie Carter, Nick Diaz, and Chris Lytle. I took the fight, but had to train around my injury. I focused instead on my boxing skills, since my ability to roll was limited. In reality, the injury ended up being a blessing in disguise. By training around my injury, I improved my striking. I ended up losing to Karo, but that loss led me to The Ultimate Fighter (TUF) comeback show, which led to my title shot and KO victory over Georges St-Pierre."

Matt Serra's trainer, Ray Longo, recalls a similar story. "Matt hurt his meniscus, but it didn't need surgery. For the Karo Parisyan fight, we had to take out the jump squats and plyometric exercises that hurt his knee. It was also hard to work his cardio, so I worked on boxing and his exercises were done under the supervision of his doctor. When he lost, I made sure Matt never gave up. The most important thing was to keep Matt mentally in the game, even when he was dropped from the UFC. And then he got that call for TUF: The Comeback, and he seized the opportunity and never lost focus; and the rest, as they say, is history."

Once a meniscus is damaged, it can no longer fully protect the articular cartilage of the knee. If the articular cartilage of the knee is damaged enough, early arthritis can set in and significantly limit a fighter's career. Since the meniscus is usually damaged with twisting injuries, it is important to keep the knee strong. In addition, untreated ACL injuries have been shown to set people up for meniscus injuries as well.

Dean Lister also has some advice on knee surgery for fighters. "Knee injuries were one of my big curses. If you need surgery, I suggest you just do it. In my case, I delayed surgery on my knee and ended up losing one year of my athletic career simply from denial. On the other hand, if you have an injury that doesn't need surgery, please don't be ashamed to practice on the sidelines. That will save your knee from further abuse until it is healed. And more importantly, be careful about the partners you select. A bad training partner can and will make things worse."

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This event may occur on one day only if there are not enough athletes registered for a two day event.

QUADRICEPS AND PATELLAR TENDON INJURIES

At the top of the knee, the quadriceps muscles thicken and condense to form the quadriceps tendon. This tendon can be partially or completely ruptured. Complete ruptures require surgery, but partial ruptures can be healed through proper rehab.

As the quadriceps run over the top of the femur, they insert onto the patella (knee cap). The patella is then connected to the tibia by the patellar tendon. The patellar tendon can be partially or completely ruptured or it can become inflamed by repetitive stress. This inflammation of the patellar tendon is called patellar tendonitis.

Tendonitis tends to come from overuse, which may happen later in a fighter's career. In addition to anti-inflammatories, some doctors may offer a cortisone shot. In his experience, Cesar Gracie's fighters tend to seek out a cortisone injection when they have an upcoming fight they can't, or won't, pull out of. "Tendonitis generally comes in the second part of a guy's career. There is a lot of pressure for a guy to perform. He has to be ready to go. If he doesn't fight, he doesn't get paid and his trainer doesn't get paid. You may lose your spot in the line to the big fight. Sometimes a cortisone shot is what it takes." If you are considering a cortisone shot, talk to your doctor and be sure you aren't using cortisone too much. It's a temporary solution, so make sure to address whatever the underlying problem is.

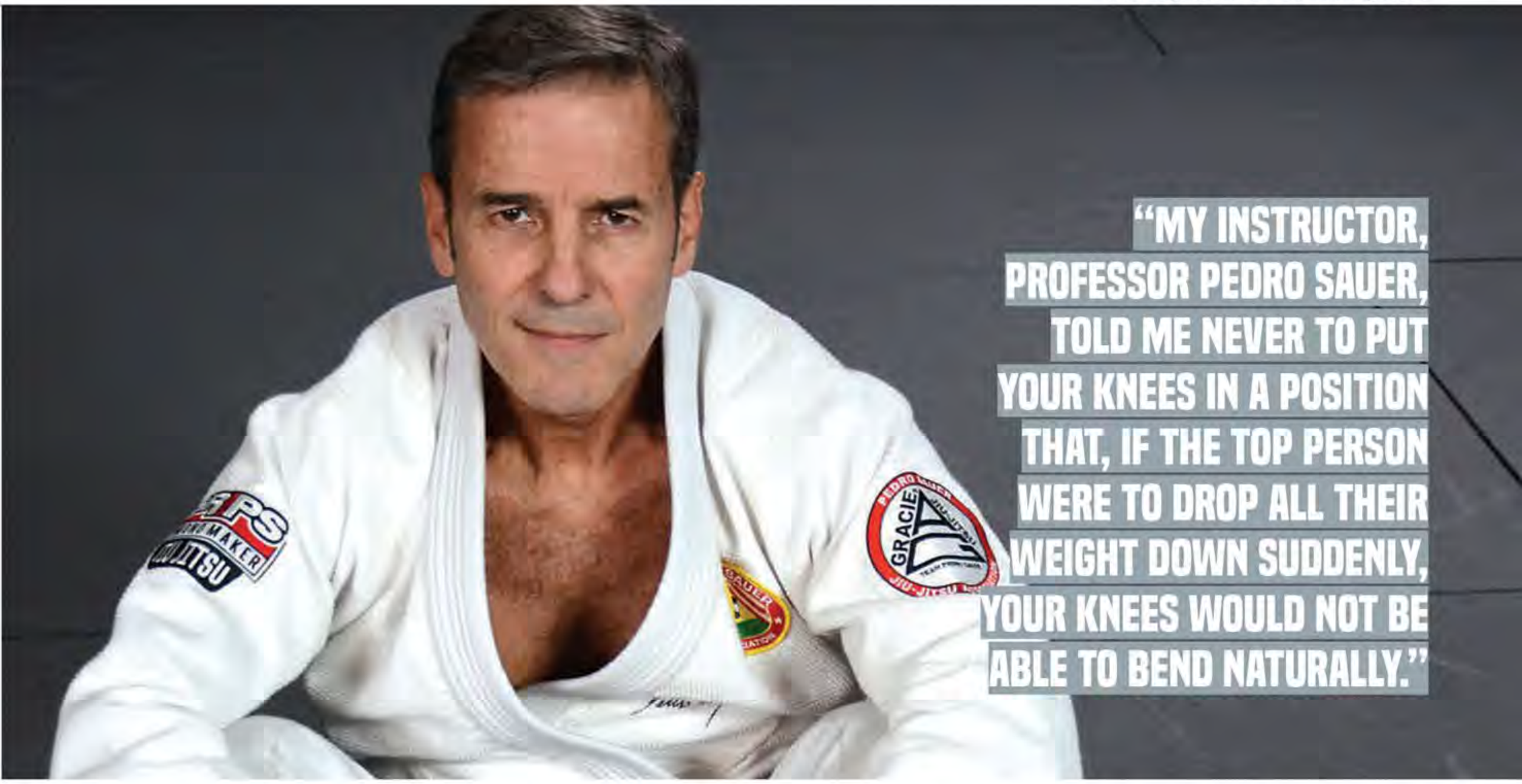
Another option under active investigation for tendonitis and partial tendon tears throughout the body is the use of platelet-rich plasma (PRP). With PRP, a small amount of blood is taken from the patient and spun in a centrifuge to separate out the cells from the healing factors and signaling molecules normally circulating in the body's blood. With the centrifuge, these factors are concentrated down into a small vial, which can then be injected directly into the site of injury in hopes of reducing inflammation and promoting healing. The exact method of healing isn't fully known and each company's preparation is a little different, so talk to your doctor about his or her experience with PRP and what the cost to you would be, as it's not usually covered by insurance.

INJURY PREVENTION

The key to preventing injury to knee ligaments and the meniscus is proper biomechanics of the knee joint. Strengthening the large muscle groups around the knee joint such as the quadriceps and hamstring muscles helps to keep the knee properly aligned when the muscles contract. Exercises such as leg extensions and hamstring curls, which isolate each muscle group, are important for building strength. However, these exercises alone are often not enough to help prevent injury in a dynamic sport.

Improving neuromuscular control is critical for the moments when a fighter suddenly slips, gets tripped, or twists a leg during grappling. The body has a neuromuscular network that works on a subconscious level, similar to our reaction to pulling our hand off a hot stove. We don't think about it, our muscles

That's sage advice from one of the greatest.


"MY INSTRUCTOR, PROFESSOR PEDRO SAUER, TOLD ME NEVER TO PUT YOUR KNEES IN A POSITION THAT, IF THE TOP PERSON WERE TO DROP ALL THEIR WEIGHT DOWN SUDDENLY, YOUR KNEES WOULD NOT BE ABLE TO BEND NATURALLY."

just contract and we do it. The same can be applied to knee injuries. If the knee is suddenly tweaked, the large muscle groups may contract quickly to help stabilize it. However, it's important that the muscles contract in the appropriate sequence. Exercises that help this happen are more dynamic and plyometric exercises such as box jumps, single-leg squats and hops, and shuttle runs. In addition, especially for women, working on proper hip, knee, and foot alignment and positioning while landing from jumps has been shown to prevent ligament injuries.

Perhaps the easiest piece of advice for knee and overall injury prevention comes from UFC Welterweight Champion Carlos Newton. "The closest thing to a significant knee injury I have had was when I was younger and doing Brazilian Jiu-Jitsu. My partner was a sambo practitioner and while I was in sidemount, he decided to grab my leg in a knee bar and pull my leg sideways – it left me very tender. I learned in that instant, I wanted to avoid injuries while grappling, to not get knee barred and not to fight a submission attempt while you're rolling. When grappling, it is important to not let your ego rule. I was able to avoid injury by not pushing through moves in wrestling, judo, and BJJ. Judo is notorious for knee injuries, but you can develop the skill of avoiding risky positions. Not getting injured is actually a skill in itself, and I made sure to develop it. That same skill actually helps avoid opportunities for my opponents to attack. Certain angles of attack and certain positions put you at risk for injury and give your opponents an attacking advantage."

Greg Nelson, a former NCAA wrestler and the coach of top MMA wrestlers and champions Sean Sherk and Brock Lesnar, sees two things as leading to knee injury during grappling. The first is not knowing the proper technique or reversal of a knee bar, heel hook, or similar move, and the other is an aggressive grappler who attempts to explode out of a bad position.

"Leg locks are also a major cause of knee injuries, especially the reverse heel hook. Injuries occur during leg locks when either (1) the attacker quickly hits the lock, be it a heel hook or straight knee bar, and doesn't give his partner suffici t time to tap, or (2) the fighter who is getting leg locked explosively attempts to get away and in the process damages their own knee. It is crucial during training that those grappling live understand that leg locks directly torque the knee, and they must learn to control their pressure when applying the lock. It's also vital to learn proper escape techniques and know when to tap when caught. I do not allow new students to do twisting leg locks or knee bars (only Achilles locks and straight ankle locks), making sure they first learn how to properly counter and know when to tap. This is hard when you have two very competitive fighters who are proficient at leg locks."

Nelson goes on to talk about another area of concern, which happens when an aggressive wrestler-type is relentless in passing the guard. In this scenario, the bottom fighter refuses to open his guard and allows his legs to get into an odd angle, and then the top fighter, in an aggressive and explosive manner, throws his opponent's legs and drops his weight down onto the bottom opponent. During this type of scenario if the top partner drops quickly and the bottom is not ready . . . POP! There goes the knee. My instructor, Professor Pedro Sauer, told me never to put your knees in a position that, if the top person were to drop all their weight down suddenly, your knees would not be able to bend naturally."

KNEE INJURY PREVENTION EXERCISES

Part of knee injury prevention is maintaining good balance and core strength, while good biomechanics help to keep the hips and knees aligned, avoiding stress on the ligaments. The following are exercises that you can work into your normal routine to help keep your knees in good shape.

BELOW ARE SOME DYNAMIC CONTROL AND CORE STRENGTHENING/ BALANCE EXERCISES THAT CAN HELP FORTIFY THE MUSCLES AROUND THE KNEE AND PREVENT KNEE INJURIES.

To work on core strength and balance, you can hold a medicine ball while standing on one foot and rotate to either side.

Repeat using a lunge position.

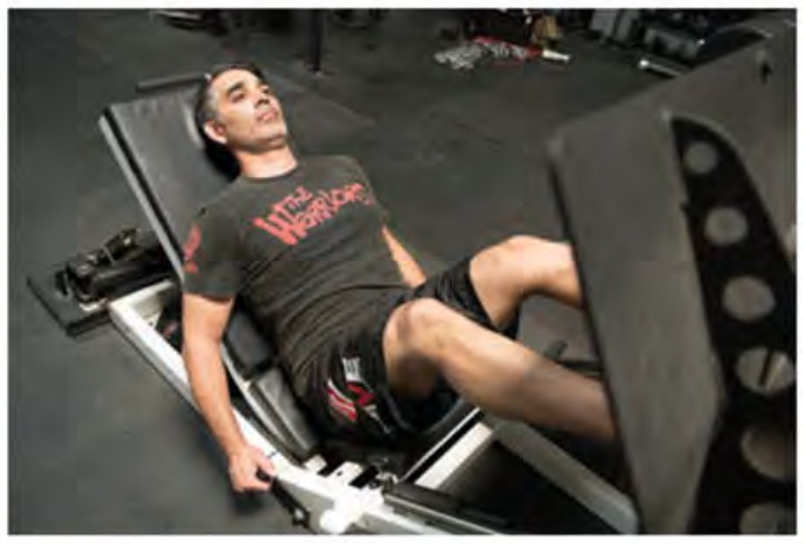
Have a partner throw the ball to you so you can catch it on one leg, rotate, and throw it back. You can also use a wall in there are no partners around.

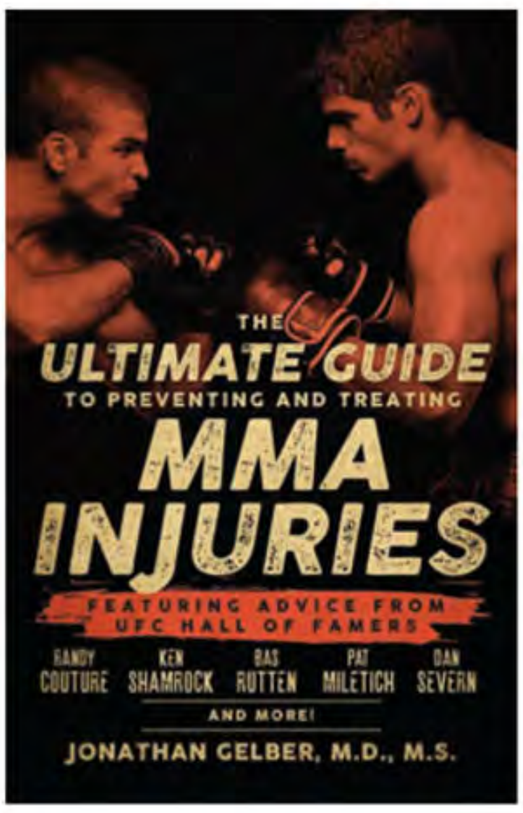
Lunges and one-legged squats help keep muscles strong but also help teach the body to keep appropriate alignment. To avoid injury, remember not to bend your knees past 90 degrees. You can also look at your knee from above and make sure you can still see your toes to make sure you haven't bent your knees too much.

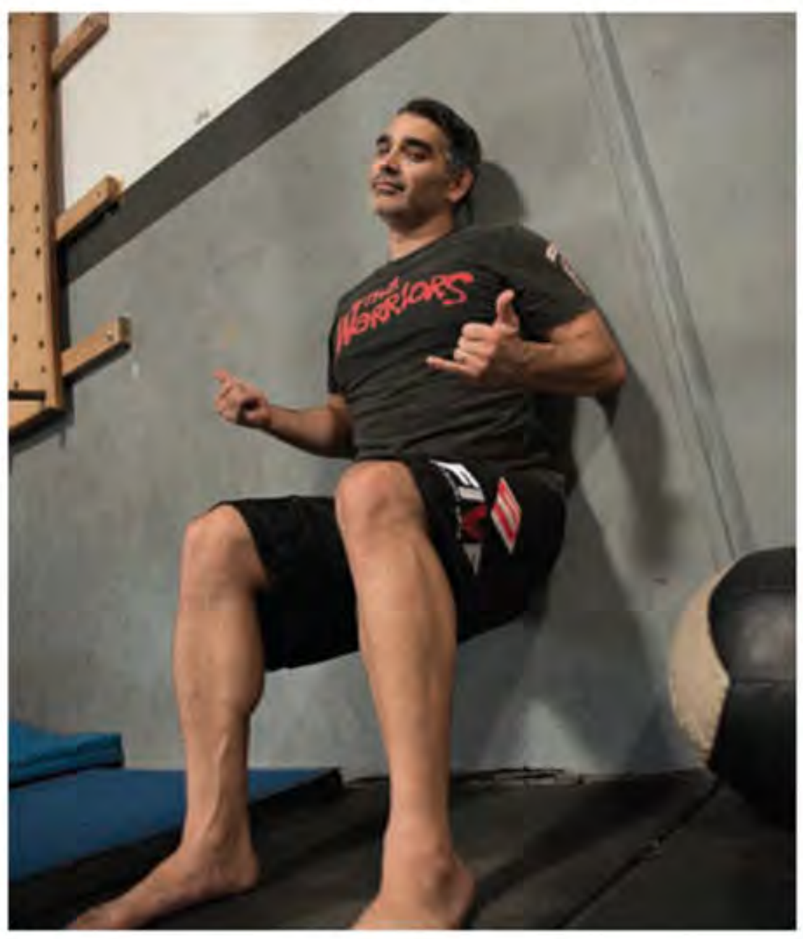
Resistance bands can be placed around the legs for lateral shuffling. Make sure your knees and hips are pointing outward and not inward which stresses the knee ligaments.

Plyometrics and rapid sequence movements help train the body to function in appropriate positions and maintain good form at a rapid pace. These can include box jumps, lateral one-legged landings, high-stepping, lateral shuttle runs, and running drills where you and your partner cross over each other.

Traditional exercises such as leg presses, leg extensions, wall squats, and leg curls help to isolate muscle groups. Leg extensions and leg curls are called "open-chain" exercises because they isolate either the quadriceps or hamstring muscle groups.







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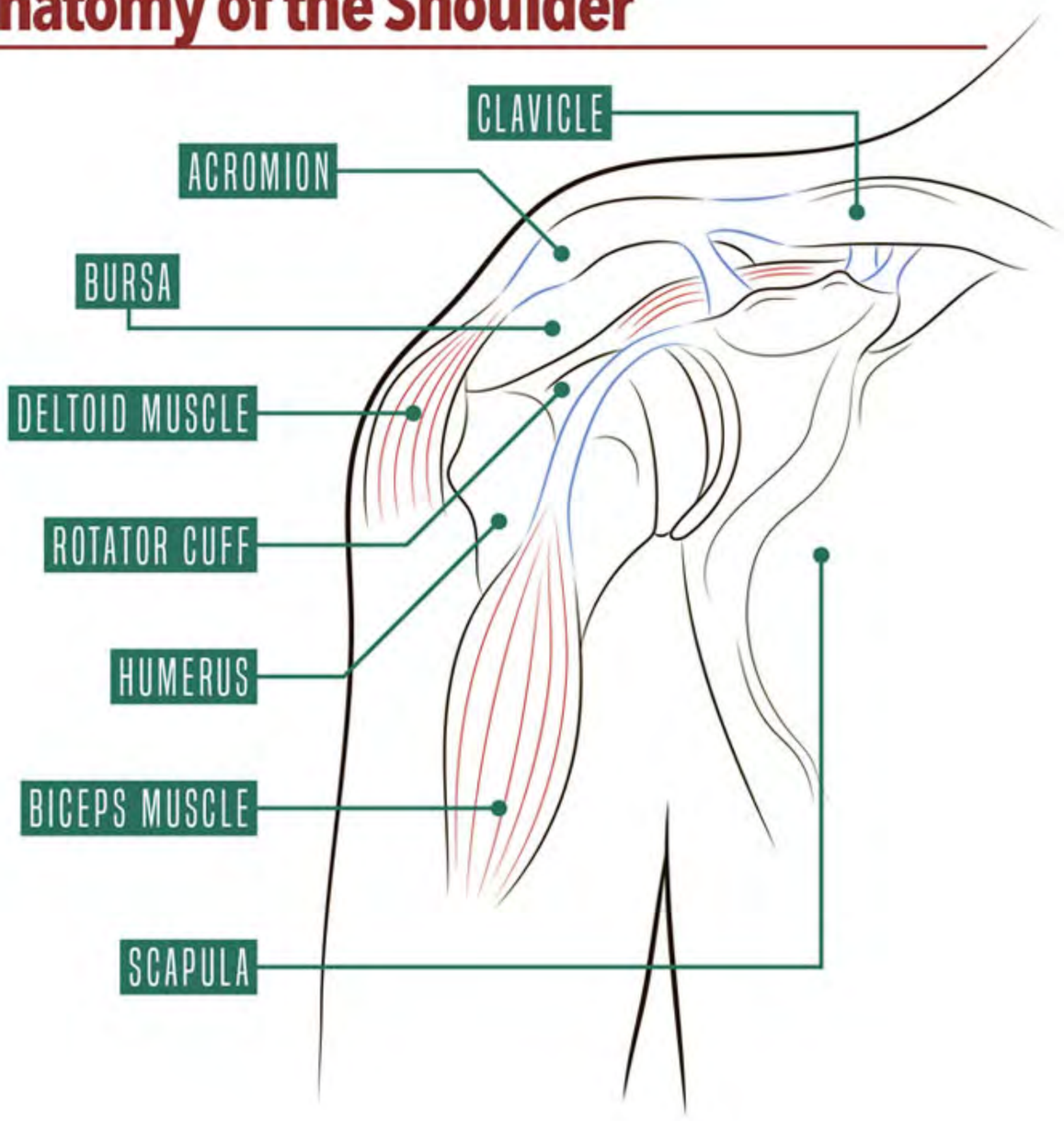
BUILDING BULLETPROOF SHOULDERS

WORDS: **WILL SAFFORD C.S.C.S**

THE SHOULDER JOINT IS ONE OF THE MOST COMPLEX JOINTS IN THE BODY, WHICH ALSO MAKES IT ONE OF THE MOST COMMON AREAS FOR INJURY AND PAIN. WITH MANY BONES, TENDONS, LIGAMENTS, AND MUSCLES COMING TOGETHER IN A COMMON AREA, THE SHOULDER JOINT NEEDS CONTINUAL ATTENTION AND MAINTENANCE. It's also one of only two pairs of ball-and-socket joints in the body, giving it tremendous range of motion and mobility.

Given these qualities, your shoulders need a healthy dose of mobility, stability, and strength. And with all of the joint locks attacking the shoulder, plus the framing, posting, pushing, and pulling in jiu-jitsu, even more extra attention is needed to maintain strong healthy shoulders. When approaching a shoulder training program, it's important to develop adequate mobility first, then stability, and finally strength. Let's look at each quality and how to incorporate them to develop bulletproof shoulders.

Anatomy of the Shoulder



THE WORKOUT

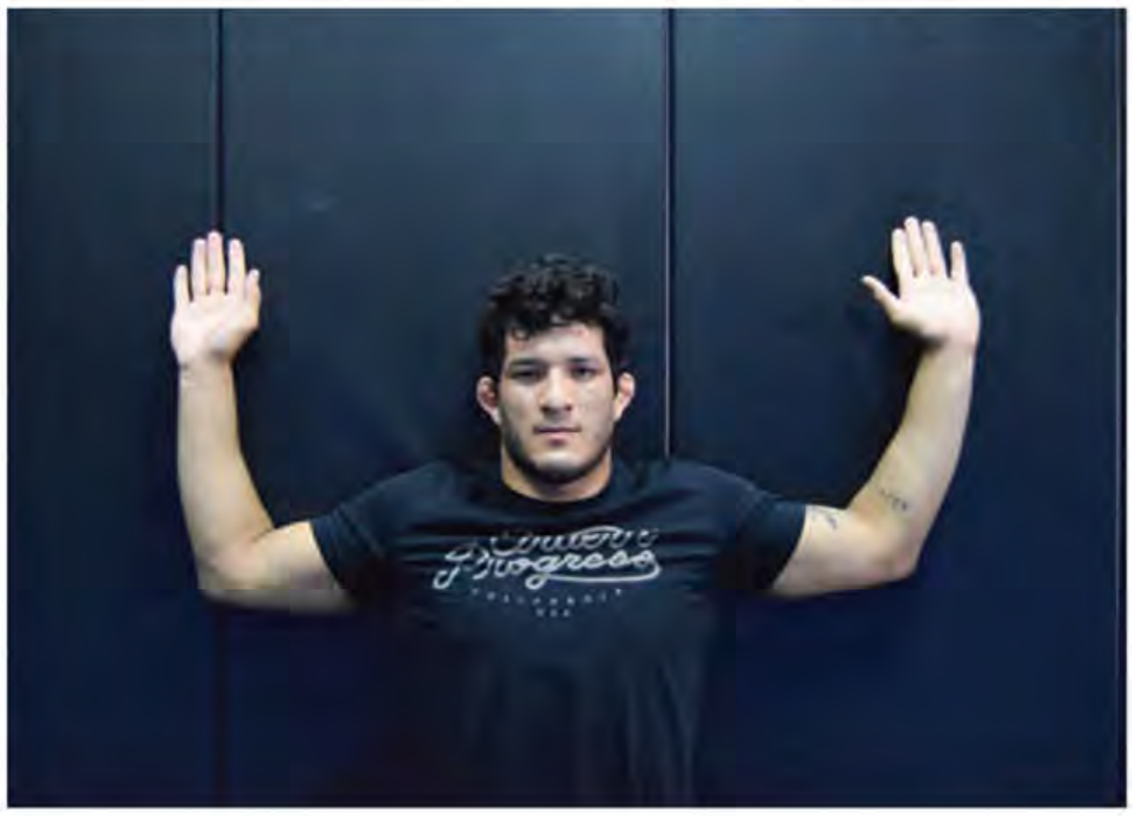
MOBILITY

Your shoulder should be able to move in all ranges of motion including flexion, extension, abduction, adduction, rotation, and circumduction - all without pain. Common repetitive movements like sitting, sleeping, breathing patterns, strength training, and jiu-itsu all influence the mobility in your shoulders, typically restricting and limiting range of motion. When aiming to regain mobility, you have to look at the tissues around the joint, not just those of the deltoid or shoulder. The muscles of your neck, back, chest, and thoracic spine can cause restriction in your mobility.

Start your shoulder routine with at least 10 minutes of self-myofascial release using a foam roller and lacrosse ball. Use the foam roller on the big muscles of your lats and upper back. Then get into the smaller areas of your pecs, traps, and neck with the lacrosse ball. Stay on each area for at least 90 seconds, giving extra attention to tender, tight spots. After foam rolling, perform some range of motion drills to further mobilize the shoulders. These exercises are meant to gently stretch the shoulder capsule and the surrounding musculature for improved range of motion.

WALL SLIDE

Stand with your back against a wall, feet about six inches away, and your arms up in two L's on the wall. Maintaining your forearms, elbows, and wrists against the wall, slowly drive your arms up as high as possible. Hold for a moment at the top, then drop your arms down, driving your elbows down into a W position, again maintaining your arms fully connected with the wall. Continue this movement for two sets of 10 reps, slowly working through the tight muscle of your thoracic spine and shoulders.



BANDED DISLOCATES

Dislocates have an intimidating name but are extremely beneficial for shoulder health and mobility. They put the shoulder through its full range of motion and work the awkward positions of shoulder mobility that you'll inevitably find yourself in on the mat. These can be done with a dowel, however, using a band is more forgiving through those tight spots, and thicker bands can be used to develop strength and advance the exercise.

Start by holding a band in front of you with both hands facing down, further than shoulder width apart. Raise the band up and overhead, pulling it apart in the process. Rotate your shoulders and arms outward and behind your back, finishing the movement with the band near your lower back. Try to squeeze your glutes and core while you do this to prevent arching backward. Be sure to start slowly with your hands far apart. As you gain mobility, you can move your hands in closer and try a thicker band.

» STABILITY

The fact that the shoulder is one of the most mobile joints in the body also lends to its common instability. When your shoulder joint is not stable, it's able to slide around which can lead to injury and frequently causes pain. Shoulder instability can lead to neck, biceps, and back pain. After you mobilize, improve stability in your shoulders with the following exercises.

WAITER WALK

The small stabilizing muscles of your shoulder need to have endurance to maintain shoulder stability over time. Unlike our big muscle movements, we want to train these with high reps and/or for longer time periods. The Waiter Walk creates stability in the shoulder by holding a weight, typically a kettlebell, overhead while you walk for distance or time.

Press a moderately sized kettlebell overhead, pinning your biceps close to your ear, locking out your elbow, and pointing your punching knuckles up to the sky while maintaining a straight wrist. Walk in a straight line to a specified point or for time, stabilizing the kettlebell overhead and keeping your shoulder packed, back, and down. Extend your distance or size of the weight to advance this exercise.

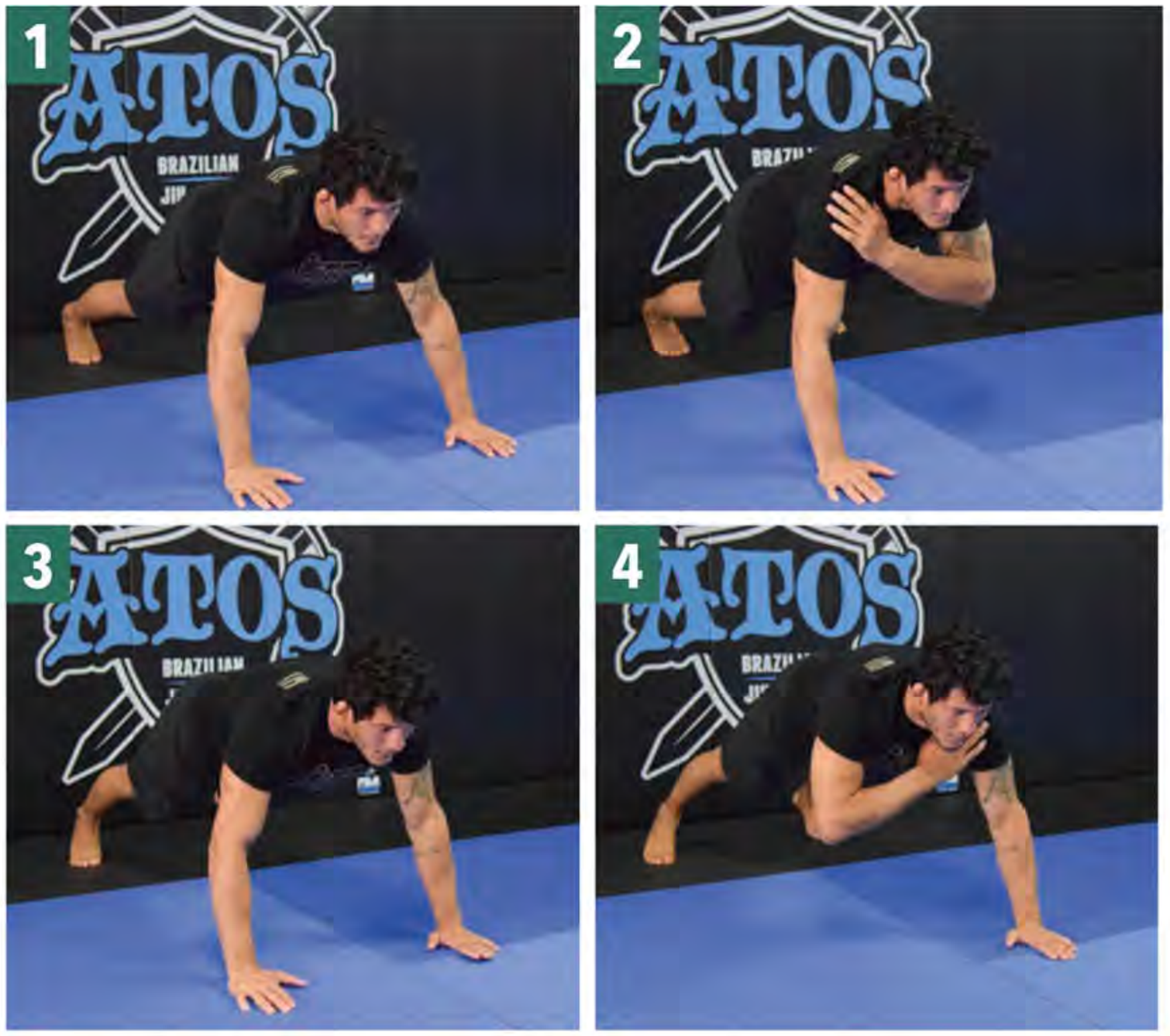
UNDERHAND BAND PULL-APARTS

This exercise works the muscles of the lower traps, rhomboids, and rotator cuff, which are all frequently weak and underdeveloped. Hold a band in front of you, similar to the Band Dislocates, however with an underhand grip. Holding the band at chest level, squeeze your shoulder blades together and pull the band apart until your hands are behind you. Hold the end position for a moment before returning to the start and repeating for reps. Try not to raise your traps during this exercise, but keep your shoulder blades back and down to keep the emphasis on the correct muscles.

PLANK SHOULDER TAPS

Being able to support and stabilize your own bodyweight is an important quality in jiu-jitsu and are things you'll need for posting, passing, framing, and pushing away. To develop this and further stabilize your shoulders, add in Plank Shoulder Taps, which will also work core stability.

Assume a push-up position with your hands directly below your shoulders. Keeping your feet closer will be more challenging on your core, so choose a position that you can maintain throughout the entire set. Start the movement by slowly tapping your shoulder with the opposite hand. Return your hand to the ground and continue tapping each shoulder with the opposite hand, one at a time. Squeeze your core hard so your hips don't turn, and remain in one place facing the ground the entire time. Don't allow your butt to raise up or your lower back to sag. You can add a weight plate to your back for more of a challenge.



» STRENGTH

Once you've gained adequate mobility and stability, you can start building strength in your shoulders. This involves using heavier loads for fewer repetitions while maintaining proper shoulder alignment. You'll want to have developed your mobility so you can achieve full range of motion on every rep and get the most from the exercise. Your stabilizer muscles need to be firing and doing their job to keep your shoulder in alignment and to prevent injury. It's best to start with single arm movements, then double arm kettlebell or dumbbell exercises, then finally progress to the barbell.

HALF KNEELING SINGLE ARM KB PRESS

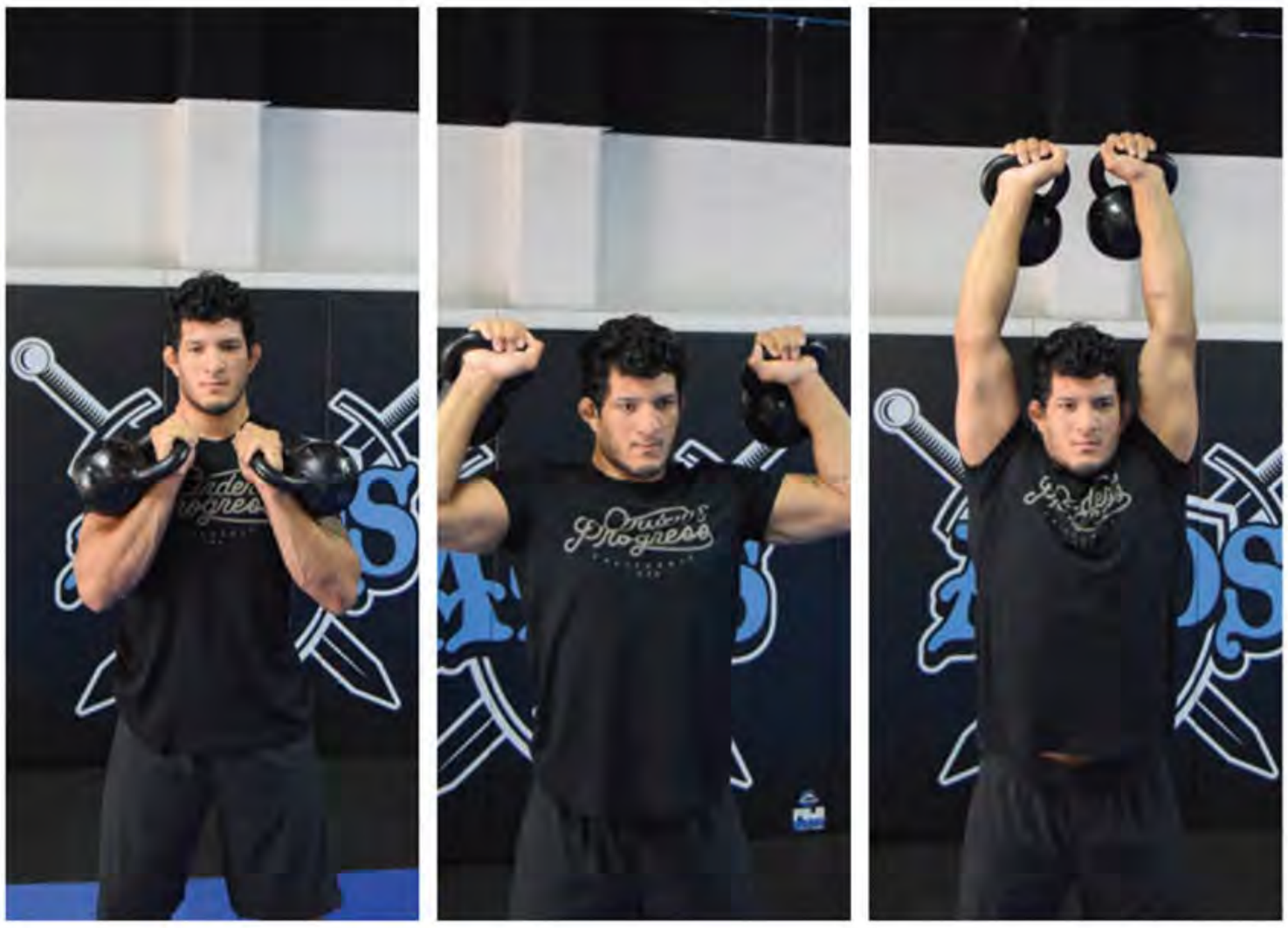
The Kneeling Single Arm Press is a great exercise because it prevents arching backward - which puts pressure on your spine and stretches your hip flexor - which are always tight from jiu-jitsu, and incorporates your core into every rep. The kettlebell is the tool of choice when it comes to shoulder pressing because it best allows your shoulder to move in a natural range of motion.

Assume a half kneeling position, or one knee up - one knee down, and place the kettlebell in the rack position on the side with the knee down. While maintaining a straight wrist, press the kettlebell up in a 45-degree angle from your body until your biceps is straight next to your ear. Actively pull the kettlebell down to the rack position in the same path as you pressed it up. Squeeze your core and glutes while pressing and aim to develop total body tension to add to the strength of your press.

DOUBLE KB PRESS

The Double KB Press demands more from your thoracic spine and may cause you to arch backward if you lack adequate mobility and strength. Only perform this exercise after you've developed the previous qualities and built some strength using the Half Kneeling Single Arm Press.

From a standing position, hold two kettlebells in the rack position. Squeezing your core and glutes, press both kettlebells up in a 45-degree angle from your body until both are overhead, finishing with your biceps next to your ears. Then, actively pull the weights back to the rack position in the same path as you pressed them up. Do not allow your back to arch and maintain tension through your glutes and core the entire set.



OVERHEAD BARBELL PRESS

The Overhead Barbell Press is the most demanding of the three strength exercises because it restricts your mobility as your arms are not independent to move as they are in the kettlebell variation. However, the barbell variation allows you to use considerably larger loads which will develop the quality of strength more.

Hold a barbell at shoulder height in the front rack position. Before you press the bar overhead, create torque with your hands by trying to break the bar which will bring your elbows inward and align your shoulder into the proper pressing position. While maintaining a tight core and glutes, drive the barbell up overhead. Lower it back to the starting position and repeat for reps. Again, do not arch backward or lose tension in your lower body throughout the set.

THE WORKOUT

» BULLETPROOF SHOULDER PROGRAM «

To build strong, resilient shoulders, you must work regularly on mobility, stability, and strength. If you suffer from poor mobility or are frequently injured, focus on gaining mobility and stability at least twice a week. Then, add in strength exercises, building strength and endurance first, followed by absolute strength.

Foam Roll – 10 minutes

Targeting: Lats, upper back, pecs, front/ rear delt, traps, and neck.

Mobility Superset: 2 sets

Wall Slides –10 reps

Banded Dislocates –10 reps

Stability Superset: 3 sets

Underhand Band Pull-Aparts - 12 reps

Plank Shoulder Taps – 12 reps per side

THEN DEPENDING ON YOUR LEVEL OF MOBILITY AND STRENGTH:

For strength endurance

Kneeling Single Arm Press – 3 sets of 12 reps per arm with a light weight.

For strength

Double KB Press – 5 sets of 5 with a moderately heavy weight.

For advanced strength

Overhead Barbell Press – 6 sets of 3 with a heavy weight.

Finisher

Waiter Walk – 3 sets of 50 yards per side with a moderate load.

BRIAN BURNHAM From Drugs to Dedicated

DRUG ADDICTION IS A SERIOUS ISSUE THAT PLAGUES MANY MEMBERS OF OUR SOCIETY. TODAY, IT TAKES A BACKSEAT TO OTHER PROBLEMS, BUT DRUG ADDICTION STILL REMAINS A CONCERN. Brian Burnham of Baytown, Texas, was once one of these addicts. His five year addiction to opiates had him stealing to support a habit that had him injecting heroin multiple times a day. The law finally caught up to Brian and he was arrested in 2012. As a result of his addiction, the first four days in confinement were spent detoxing (the arduous process of your system adjusting following the removal of an addictive substance).

It was December 8th, 2012. Brian had been moved out of medical where he had been detoxifying for several days and into a general holding area. The television was on that night. Brian watched the legendary BJ Penn take a tough beating from the young Rory MacDonald. Penn, a testament to his character and fighting nature, never gave up or backed down. Brian would also get to see Stockton's Nick Diaz take on Ben Henderson (the champion at the time) in the main event. Brian became hooked to something outside of heroin that night, and it was MMA.

After his release, Brian would watch martial arts constantly and managed to stay clean for two years. He needed something more to focus his attention on. He stumbled upon the Joe Rogan Experience Podcast and loved the Eddie Bravo episodes. During these episodes, jiu-jitsu is a large topic of conversation. With a little encouragement from a friend, he started jiu-jitsu at Elite MMA in December of 2014. He was 275 lbs. at the time and couldn't do a push up. Now, 185lbs and training 5-6 times a week, Brian is a blue belt, and holds an IBJJF Gold medal. He is currently in the best mental and physical health of his life. His school is his family and they say that jiu-jitsu is the greatest thing that ever happened to him.

AGE: 29 | **HEIGHT:** 6' 2" | **STARTING WEIGHT:** 275 | **CURRENT WEIGHT:** 185
HOMETOWN: Baytown, TX | **HOME SCHOOL:** Elite MMA Baytown
INSTRUCTOR: Robert Yamashita and Julian Vega

How did you discover jiu-jitsu?
I watched my first UFC event in jail while getting clean off drugs and became obsessed with MMA. Later, I discovered the Joe Rogan Experience and after catching a few Eddie Bravo episodes of the podcast, I became interested in jiu-jitsu. After two years of learning about MMA and jiu-jitsu, a lifelong friend convinced me to come in and finally try a class.

What motivates you to train?
I absolutely love it. I have an addictive personality and I finally have found something positive to pour my abundant passion and energy into. I love the constant drive to improve as a martial artist every day. The desire to win competitions is another motivation. Also, the ability to help newer students and pass on my knowledge is hugely rewarding for me.

What else do you do for physical fitne s?
I don't do anything outside of jiu-jitsu for physical fitness.

How have you changed your diet?
My diet has not changed a lot. I still eat a fairly bad diet (Garry Tonon style) but the biggest change is that I have cut out soda almost entirely.

What's been the biggest challenge so far?
The biggest challenge so far was just the first few months of class. I was not able to do a push-up or judo roll when I started and it took months just to get my coordination and stamina to a level where I was able to really start learning the techniques properly and making gains in my jiu-jitsu.

What's been the best benefit f om the changes you've made?
The biggest benefit jiu-jitsu has given me is my overall health, both physical and psychological. My confidence has gone through the roof because of jiu-jitsu and not just confidence in self-defense but confidence in everyday social interactions. I am in the best shape of my life, and jiu-jitsu has helped give me something to focus my mind and body on and has helped me stay clean off drugs. I also gained an entire family at my jiu-jitsu school that I love wholeheartedly.

What advice would you give to someone else looking to make the same sort of change?
Just do it. You don't need to be in shape to start. Anyone can do it. Just go and find a local jiu-jitsu gym and watch a class. Ask questions. Watch YouTube videos. Then make that leap to try a class. The rest will take care of itself.

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